

north coast

thursday july 24, 2014 vol XXV issue 30 • humboldt county, calif. FREE

the journal

OF POLITICS, PEOPLE AND ART

northcoastjournal.com



Fighter Down

A local man works to walk again as his injury
shines a spotlight on Trinidad's fight night

By Thadeus Greenon

6 Eureka Natural Foods north 10 Murder Mountain reprise 11 Tale of the barnacle buoy 22 Go fly a wave 23 Berry lust 28 So. Much. Music. 36 Scientist for sale



4 LINES+10GB

Unlimited Talk & Text

\$140 per month

**Switch now, and we'll pay
off your old contract.**

	U.S. Cellular	Verizon and AT&T
3 lines	\$130*	\$145*
4 lines	\$140*	\$160*
5 lines	\$150*	\$175*
6 lines	\$160*	\$190*

*per month, based
on 10GB of data to share



Things we want you to know: New Retail Installment Contracts and Shared Connect Plan required. Credit approval required. Regulatory Cost Recovery Fee applies (currently \$1.57/line/month); this is not a tax or govt. required charge. Add. fees, taxes and terms apply and vary by svc. and eqmt. Offers valid in-store at participating locations only, may be fulfilled through direct fulfillment and cannot be combined. See store or uscellular.com for details. **\$140 Price Plan** based on \$100/mo. 10GB Shared Connect Plan plus 4 lines with discounted \$10 Device Connection Charges each. Retail Installment Contract required to receive discounts, otherwise regular Device Connection Charges apply. Other discounts available for additional Shared Connect Plans. **Price comparison** based on AT&T Mobile Share Plan and Verizon More Everything Plan for 10GB as of May 7, 2014. **Contract Payoff Promo:** Offer valid on up to 6 consumer lines or 25 business lines per account, based on credit approval. Must port in current number to U.S. Cellular and purchase new Smartphone or tablet through a Retail Installment Contract on a Shared Connect Plan. Submit final bill identifying early-termination fee (ETF) charged by carrier within 60 days of activation date to www.uscellular.com/contractpayoff or via mail to U.S. Cellular® Contract Payoff Program 5591-61; PO Box 752257; El Paso, TX 88575-2257. Customer will be reimbursed for the ETF reflected on final bill up to \$350/line. Reimbursement in form of a U.S. Cellular MasterCard® Debit Card issued by MetaBank™ Member FDIC pursuant to license from MasterCard International Incorporated. This card does not have cash access and can be used at any merchant location that accepts MasterCard Debit Cards within the U.S. only. Card valid through expiration date shown on front of card. Allow 12-14 weeks for processing. To be eligible, customer must register for My Account. **Retail Installment Contracts:** Retail Installment Contracts (Contract) and monthly payments according to the Payment Schedule in the Contract required. If you are in default or terminate your Contract, we may require you to immediately pay the entire unpaid Amount Financed as well as our collection costs, attorneys' fees and court costs related to enforcing your obligations under the Contract. **4G LTE** not available in all areas. See uscellular.com/4G for complete coverage details. 4G LTE service provided through King Street Wireless, a partner of U.S. Cellular. LTE is a trademark of ETSI. **Kansas Customers:** In areas in which U.S. Cellular receives support from the Federal Universal Service Fund, all reasonable requests for service must be met. Unresolved questions concerning services availability can be directed to the Kansas Corporation Commission Office of Public Affairs and Consumer Protection at 1-800-862-0027. Limited-time offer. Trademarks and trade names are the property of their respective owners. Additional terms apply. See store or uscellular.com for details. ©2014 U.S. Cellular

table of CONTENTS

- | | |
|---|--|
| 4 Mailbox | 24 Music & More!
LIVE ENTERTAINMENT |
| 4 Poem
FAIRGROUNDS | 28 The Setlist
NO! SLEEP! TIL AUTUMN! |
| 6 News
MCKINLEYVILLE NATURAL FOODS? | 29 Calendar |
| 10 Blog Jammin' | 33 FilmLand
REWIND |
| 13 Week in Weed
POO-POOING POT ADS | 34 Workshops |
| 14 On The Cover
FIGHTER DOWN | 36 Field Notes
SOFT DRINKS, OBESITY
AND SCIENTIFIC NEUTRALITY |
| 18 Home & Garden
SERVICE DIRECTORY | 40 Sudoku |
| 20 Stage Matters
FRIENDSHIP, ART
AND ENDURANCE | 40 Crossword |
| 21 Bobarazzi
AROUND HUMBOLDT COUNTY | 40 Marketplace |
| 22 Get Out!
PRETTY FLY | 44 Body, Mind
& Spirit |
| 23 Table Talk
SECRETS AND PIES | 44 Real Estate
This Week |
| | 46 Automotive |

"I like the carrots
with the stems because I like to
put them on my head and pretend
I'm a rooster"



Lena, Age 8

NORTH COAST
CO-OP

Empowering Kids to Make Healthy Choices!

811 I St. Arcata | 25 4th St. Eureka | www.northcoast.coop

McKENNY'S
Do it Best BUILDING
CENTERS

*Great Projects Start
at McKenny's!*

JOIN US ON
f

**Buy One
Get One
FREE**

- Paint And Primer In One
 - Super High Quality Paint
 - Interior & Exterior
 - All Sheens & All Colors
- See store for details.



Razor Blade Scrapers
774928

59¢ Reg. \$1.69

3 Pk. Roller Covers
779399

\$6.55 Reg. \$9.99



2-Pc. Brush Set
789579

\$9.99 Reg. \$16.99

ARCATA 1296 11th St. • Arcata • 822-1769

MYRTLETOWN 2800 Hubbard Ln. • Eureka • 445-8436

Store Hours: Monday thru Friday 7:30 – 7:00 • Sat 8:00 – 7:00 • Sun 9:00 – 6:00

TIME TO UPDATE YOUR WOOD STOVE? HOW DOES \$500 SOUND?

The North Coast Unified Air Quality Management District's Wood Stove Incentive Replacement Program will begin accepting applications August 4, 2014. Applications will be accepted until September 4, 2014.

The District's grant is designed to assist in the replacement of high-polluting wood stoves or fireplaces with new EPA approved heating appliances.

- Property must be located within Humboldt, Del Norte or Trinity County
- Current wood stove or fireplace must be non-EPA certified or manufactured pre-1990
- Successful grant recipients will be awarded \$500.00 to be used for the purchase of a new, EPA approved heating appliance

Applications may be obtained at the District Office, by calling (707) 443-3093, or by visiting the District website at www.ncuaqmd.org.



North Coast Unified Air Quality Management District
2300 Myrtle Avenue, Eureka, CA 95501
(707) 443-3093
www.ncuaqmd.org

MAILBOX

Took the Words out of My Mao

Editor:

I was bothered to see Heidi Walters' use of the expression "gang of four" in the article "Big Trees" (July 17). I created that as a descriptive label when I was writing about the four supervisors Estelle Fennell, Rex Bohn, Ryan Sundberg and Virginia Bass, and their destruction of the General Plan Update. *Journal* Publisher Judy Hodgson then used it when speaking about the same issue, which I totally appreciated. For Walters to now feel it's something that can be slapped onto any old thing is disturbing and insulting. In doing so she not only rips off someone else's words but reduces the original intended impact of the phrase to nothing. My use of that phrase had a powerful effect in the context for which it was created and intended. The phrase turned up in a number of letters to local papers. It profoundly impacted the public view of the supervisors who many felt were abusing their positions. Walters probably used it because she thought that made her sound clever. Not.

Walters responded to me that she used the phrase because it was used in publications referring to the biologist, something few locals were likely to know. I say that showed poor judgment since she surely must know the meaning of the term locally and by using it in the way she did she cheapened its impact. Since there was no real reason to use it she surely chose to do so because it is a locally known term

Sylvia De Rooy, Eureka

still produces enough lumber to make a profit. If managed properly, I believe there can be a balance struck, but the last sentence of the article took off on an irrelevant tangent that does nothing to promote rational thought and debate on the subject.

Steve Parr, Eureka

Stream Bailout?

Editor:

Scott Bauer of California Fish and Wildlife is not the only one haunted by the future of salmon ("Point of No Return?" July 10). As a nation we pay an ever-more-dreadful price for denying people the freedom to smoke marijuana: the carnage and cost of the international War on Drugs, the world's largest prison population exploding with drug-offenders and now locally facing extra taxes for police protection from drug world crimes, and the loss of our water. When Rep. Huffman whimpers that decriminalization is "years away," when it is actually the silver bullet he talks about, he is on a different drug: Big Money, which contorts minds in Washington.

We've seen the point of no return feared by Mr. Bauer: barren hillsides savaged by logging, denuded of topsoil. We forget that it was the timber industry, not pot growers, who destroyed our watersheds.

Fairgrounds

Anger is best grown
Under darkening skies
In howling winds,

Where victims and villains
Litter festering landscapes.

Breaking fertile soil,
Planting wild seed,
Watering incessantly

Teases the ruminants
And increases circulation.

— Kirk Gothier

The Little Trees Matter

Editor:

Regarding the rate of big trees' growth skyrocketing after adjacent thinning: Well, no s**t, Sherlock ("Big Trees," July 17.) This is a big issue in the tree-ring analysis of historic weather conditions, the fact that direct access to sunlight increases tree growth (thus the dropping of adjacent trees due to wind, age, water erosion or a million other possibilities can affect tree growth more than "climate").

So what exactly is the point? Growth in the big trees left behind is unimportant to a commercial forest operator. What's important to everyone is the relative health of the rest of the forest while it

FORBUSCO LUMBER & BUILDING SUPPLY

WEEKLY SPECIAL!

PRICE GOOD JULY 17TH THROUGH AUGUST 20TH

210

Garden Wall Block
4" height.
Tan.....**226**

151

24" Scallop Block
Gray. Scalloped edging.

155

8" Patio
Sand color. Square stepping stone. Multi-purpose.

540

16" Patio
Sand color. Square.

540

16" Slate
Black. Multi-purpose patio. Economical alternative to pouring concrete.

372

16" Saratoga
Tan. Multi-purpose patio. Economical alternative to pouring concrete.

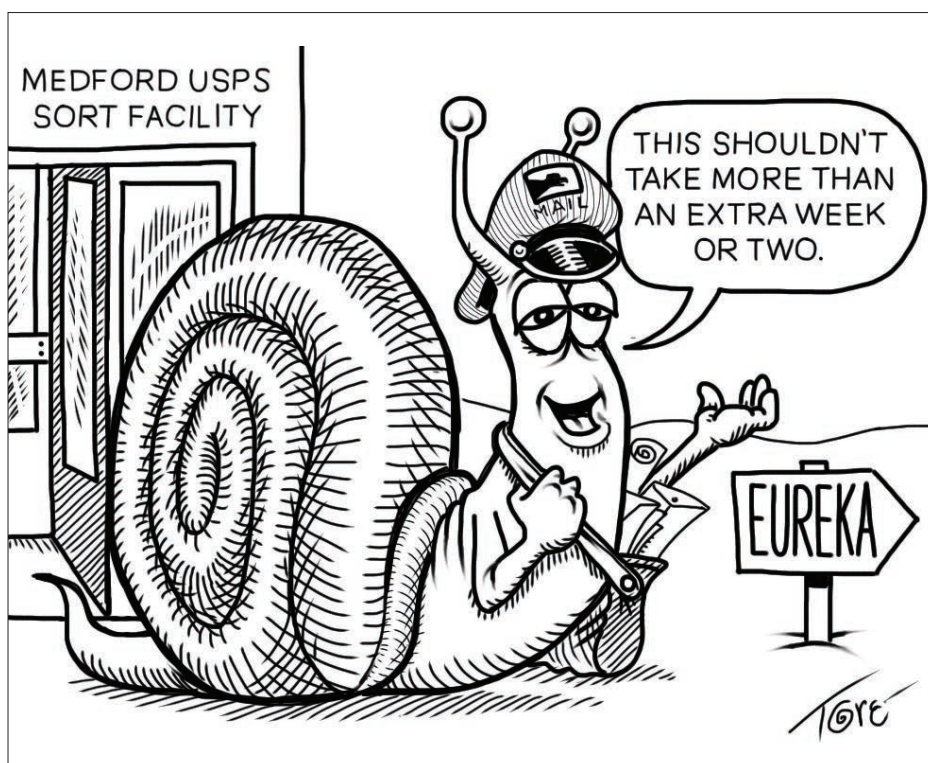
MISSION CONCRETE PRODUCTS

U-Haul Only...Limited Stock On Hand

CHECK BACK AGAIN TO VIEW OUR NEXT CIRCULAR

FORBUSCO LUMBER

(707) 725-5111 • 1784 Smith Lane, Fortuna, California



CARTOON BY TERRY TORGERSON

Humboldt Redwood Company, heir to the butchered fragment left by MAXXAM, was greeted with relief and gratitude by a county suffering from PTSD. Soon it got eco-certification, claiming it can make a profit and still be forest-friendly. They were saints, shaking hands with Spooner's tree-sitters, instead of Charles Hurwitz's "He Who Has the Gold Rules."

But restoration cannot be just better than MAXXAM. HRC has almost 1,000 acres of THPs planned for my watershed, the Mattole. Lots of roads, the last big trees, poisoning hardwood stands; degradation of the already degraded, not restoration. Once again, tree-sitters arrests on Long Ridge.

Perhaps in HRC's Mattole tributaries, the salmon have passed Mr. Bauer's point of no return. But the fishing there was once legendary. The Fisher family, which owns HRC, is light years richer than Hurwitz. Why don't they truly restore

Comment of the Week

"BOO!!!!!"

— Amber McMahan, commenting on the announcement of the Journal's ROTR 2014 video contest winner.

these tributaries, and give them to their matriarch, Doris, for a birthday present? Their name, "Fisher," should be a charm.

As Ralph Nader famously claimed, "Only the Super-Rich Can Save Us."
Ellen Taylor, Petrolia

Write a letter!

Please try to make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoastjournal.com ●

HUMBOLDT BUY LOCAL

We ship wine & beer

POSTHASTE

SHIPPING • MAILBOXES • NOTARY

600 F St • Arcata • M-F 8:30-6 • Sat 9-5
825-8295 www.posthastemail.com

FedEx Authorized ShipCenter **UNITED STATES POSTAL SERVICE** Approved Shipper **FedEx** Ground

RARE BIRD

Colorful, joyful, eclectic offerings of beauty and humor to comfort & delight.

Original art, prints, meaningful greeting cards, mosaics, jewelry, silk scarves and more.

1022 N Street, Fortuna, CA
One block parallel to Main Street

Check out our NEW EVERY DAY low prices!

NHS

HAS EVERYTHING! PICKUP—

- SOIL AMENDMENTS—
- BE-1 AMINO PELLETS
- MR. B'S GREEN TREES
- RAINBOW MIX
- MUSHROOM COMPOST
- GUANOS
- NUTRIENTS—**
- HOUSE & GARDEN
- SENSATIONAL SOLUTIONS
- CES
- AGE OLD ORGANICS
- MAXSEA
- SOIL (BAGS, TOTES, OR BULK?)
- SANCTUARY
- ROYAL GOLD
- FOX FARM
- VERMIFIRE
- ROOTS ORGANIC
- GREENHOUSE
- KITS/COLD FRAMES
- LIGHT DEPT FABRICS
- POLY
- FANS
- DON'T FORGET!**
- MYCO FUSION
- MOLASSES
- TERPINATOR

NORTHCOAST HORTICULTURE SUPPLY

NHS

Have Fun in the Garden!

NHS-Hydroponics.com

FORTUNA
357 Main St.
707.725.5550

EUREKA
60 W 4th St.
707.444.9999

ARCATA
639 6th St.
707.826.9998

McKINLEYVILLE
1580 Nursery Way
707.839.9998

CHECK OUT THE REGGAE VIDEO

CONTEST

WINNER ONLINE!

VISIT: NORTHCOASTJOURNAL.COM/BLOGJAMMIN

McKinleyville Natural Foods?

Business bustle where the horses have the right of way

By Thadeus Greenson

thad@northcoastjournal.com

It's a cloudless June day and Eureka Natural Foods owner Rick Littlefield is standing on Central Avenue in McKinleyville as the Pony Express Days parade kicks into high gear. He takes in the sights, watching as floats sponsored by local businesses cruise by, children dance and horses strut. Littlefield has been looking to get into the McKinleyville market for at least a decade, feeling the county's fastest growing community is an ideal fit for his brand of grocery store, one that places a premium on fresh, natural ingredients and products.

But this is Littlefield's first true reconnaissance mission to the town, spurred by the fact that his plans to purchase a building in town are coming to fruition.

About a month later, Littlefield and his son, Eureka Natural Foods Vice President Steve Pitzer, sat down with the *Journal* in the conference room of their Eureka store, ready to officially announce plans to open a McKinleyville store in the property currently occupied by McKinleyville Home and Garden Center. The plans are just one strand in a tapestry of projects that will reshape McKinleyville in the coming years, with a bustle of construction projects, a host of new jobs and, ultimately, a revamped business district featuring a Eureka Natural Foods, a brand new hardware store, a sporting goods

store and a kitchen supply shop. Coupled with the new federal courthouse under construction near the airport and Big Lagoon Rancheria's plans to build tribal offices across from the movie theater, an economic boost is on the horizon for McKinleyville. Pony Express Days may have a few new float entries in the not-too-distant future.

Kevin Jenkins, who owns McKinleyville Home and Garden Center, an Ace hardware franchise, says the domino that started the chain was his out-of-town landlord's decision to sell the building, which sits at the corner of Pickett Road and Central Avenue, and has housed Jenkins' store for almost 20 years. Built as a grocery store in 1965, the expansive building used to be home to Safeway,

before the grocery giant built a new store across the way. Jenkins said he was initially distraught to hear the building was being sold, but quickly came to view it as an opportunity to pursue newer and brighter digs. For Littlefield, news the building was hitting the market was like a dream. It's not that the building is perfect — far from it, as Eureka Natural Foods plans to gut it and rebuild the interior from scratch — it's that he feels the growing community has a natural foods void.

"McKinleyville is growing and it doesn't have a full-service natural foods store," Littlefield explains, adding that the town's demographics are a perfect fit: a growing population of folks with

continued on page 8 ►

**Tickets on
SALE**

Get your tickets early and help us welcome over 35 breweries and the return of the Home Brewers!!!!

General Admission
(Pre-Sale tickets) \$35

Ticket available at:

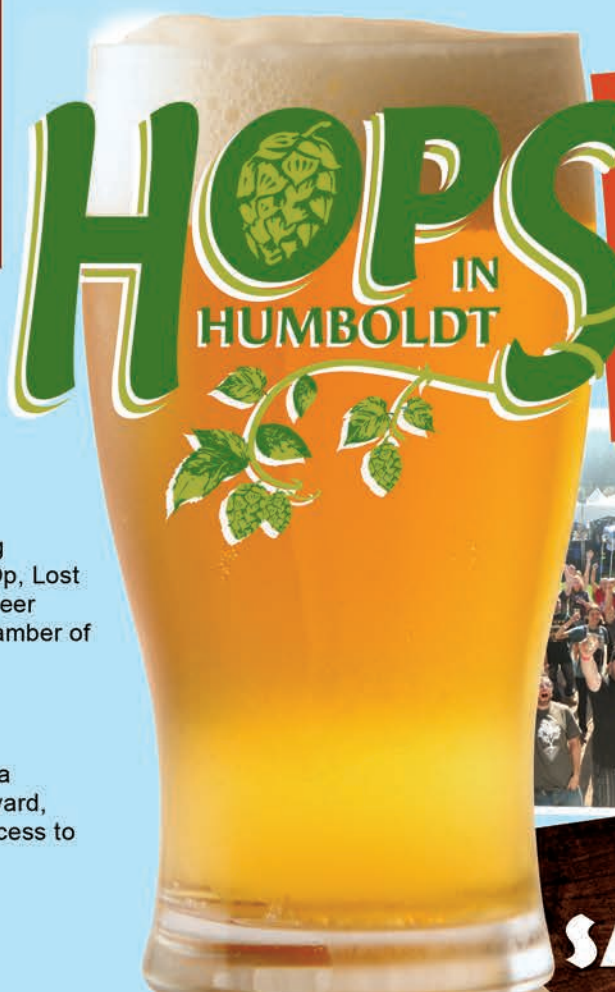
Six Rivers Brewery, Mad River Brewing Company, Redwood Curtain, The Co-Op, Lost Coast Brewery, The Local, Humboldt Beer Works, Eel River Brewery, Fortuna Chamber of Commerce and Beverage Plus.

VIP \$75

VIP gets you an hour early of drinkin', a special VIP glass, VIP badge and Lanyard, VIP cloth wristband, VIP snack and access to the VIP potty!!!!

VIP Tickets available at:

The Local & Beverage Plus.



**BEER
FESTIVAL**



**Fortuna's Rohner Park
SATURDAY, AUGUST 23RD**

SUMMER CLEARANCE SALE

MATTRESSES
SAVE UP TO
\$500



\$299

Full Size
Unfinished
Futon Frame

Futon Mattresses From \$99



CLOSEOUTS LIMITED TO
STOCK ON HAND



ASHLEY
FURNITURE INDUSTRIES, INC.

5 Piece
Pub Set

\$499

BACK SUPPORTER

HD
HEAVY DUTY
A solid night's sleep

Nature's
SPA AND WELLNESS

TEMPUR-PEDIC

SPRING
AIR

CANNON
SLEEP PRODUCTS



\$399

ASHLEY
FURNITURE INDUSTRIES, INC.

Sofa



ASHLEY
FURNITURE INDUSTRIES, INC.

Sofa

\$499



Mattress & Sofa Outlet Store

"Your Sit & Sleep Specialists"

**FINANCING
AVAILABLE**
OAC

705 4TH ST., EUREKA • 442-4510

STORE HOURS

Mon. thru Sat. Sundays
10 a.m. – 6 p.m. 11 a.m. – 5 p.m.

Financing Available O.A.C.



www.deltamattress.com

	★ On the Corner!	1st.
H St.	4th Street U.S. 101 South	
	5th Street	

Parking behind store

HONEST ENGINE SINCE 1976

AUTO REPAIR & PARTS

We service foreign & American cars & trucks.

Scheduled Service • Timing Belts • Clutches • Cooling Systems
Brakes • Engines • Check Engine Light, Diagnostics and More...

EXPERIENCE IS THE DIFFERENCE.
KEEPING HUMBOLDT ROLLING FOR 38 YEARS.

443-9329 • 852 W. WABASH, EUREKA

bookmark us:  **m.northcoastjournal.com**

Excellent education
& affordable at just
\$46 / unit



College of the Redwoods

Your ticket to a future with options

NEW

ALTERNATE SITES FOR CLASSES:

Local High Schools, HSU, **PLUS** other
schools and community centers

Find out what classes are offered near you at

www.redwoods.edu/scheduleofclasses/

REGISTER NOW

Fall Classes begin Aug. 25

News

continued from page 6



ABOVE MCKINLEYVILLE HOME AND GARDEN CENTER, THE FUTURE HOME OF EUREKA NATURAL FOODS' NEW STORE. PHOTO BY THADEUS GREENSON. **BELOW** AN ARTIST'S RENDERING OF THE MCKINLEYVILLE HOME AND GARDEN CENTER'S NEW STORE. COURTESY OF KEVIN JENKINS



college educations and solid incomes moving into new homes.

Pitzer, who's tasked with developing the new store — name still to be determined — says it will largely follow the path blazed by the company's new Eureka store, offering GMO-free, natural, organic products and top-of-the-line meats and fish at reasonable prices. The store will also likely have a salad and sandwich bar, as well as (beer drinkers rejoice) a growler bar, he says. "Give them what they want and they'll come, so we'll listen to the community up there as well," Pitzer says. "I'm enthusiastic. If we could open up there tomorrow, we would."

Jenkins, meanwhile, plans to erect a brand new building to house his store, which he says is outgrowing its current confines anyway. He's purchased a property farther north on Central Avenue, across from the 76 gas station, and another at the intersection of Central and Murray Road. The plan, he says, is to put the hardware store across from the gas station and, later, to split off a sporting goods store, Black Dog Outfitters, and open a kitchen supply store at the other location. Currently, the home and garden center has kitchen and sporting goods sections, but both are cramped, with little room to expand.

"This is going to be better when all's said and done," he says. "We're going to have a bright, new, shiny store. It's going to be a purpose-built hardware store." The result, Jenkins continues, will be more inventory and a better flow.

Humboldt County 5th District Supervisor Ryan Sundberg did not return a

call seeking comment for this story but Heather Vina, executive director of the McKinleyville Chamber of Commerce, said there's a lot to be excited about in town right now. She pointed to CVS Pharmacy's plans to move into the old Figueiredo's building and the steady decline in vacancies in the Safeway shopping center as examples. But she says Eureka Natural Foods' pending arrival is big news.

"I'm excited about that," she says, "and my husband will be thrilled. It will definitely give community members another option, which will be nice."

But the excitement will have to remain tempered, for now. Jenkins currently has a lease for the current building that runs through June 2015. When that lease is up, he's hopeful the new store will be completed and the move will be seamless. (Plans for the kitchen supply and sporting goods stores will wait until after the hardware store opens.) But even after McKinleyville Home and Garden Center is out of its current building, Eureka Natural Foods will have to completely renovate the building — installing refrigeration systems and other grocery store necessities — a process optimistically estimated to take six months. Best case scenario, Pitzer and Littlefield say, is a grand-opening in December 2015.

In the meantime, as excitement spreads about Eureka Natural Foods, Jenkins wants the community to know he isn't going far. "My family has five generations in Humboldt and I've lived in this community since 1996," he says. "I'm committed to McKinleyville. We're here to stay." ●

July 24, 2014
Volume XXV No. 30

North Coast Journal Inc.
www.northcoastjournal.com

ISSN 1099-7571 © Copyright 2014



The North Coast Journal is a weekly newspaper serving Humboldt County. Circulation: 21,000 copies distributed FREE at more than 350 locations. Mail subscriptions: \$39 / 52 issues. Single back issues mailed / \$2.50. Entire contents of the North Coast Journal are copyrighted. No article may be reprinted without publisher's written permission. Printed on recycled paper with soy-based ink.

publisher **Judy Hodgson**
judy@northcoastjournal.com

news editor **Thadeus Greenson**
thad@northcoastjournal.com

arts & features editor
Jennifer Fumiko Cahill
jennifer@northcoastjournal.com

staff writer/assistant editor
Grant Scott-Goforth
grant@northcoastjournal.com

staff writer **Heidi Walters**
heidi@northcoastjournal.com

calendar editor **Dev Richards**
calendar@northcoastjournal.com

contributing writers
John J. Bennett, Simona Carini, Barry Evans,
William S. Kowinski, Jennifer Savage,
Ken Weiderman, Jessica McGuinty,
Genevieve Schmidt

contributing photographer **Bob Doran**
bob@northcoastjournal.com

art director/production manager **Holly Harvey**
holly@northcoastjournal.com

graphic design/production
Amy Barnes, Miles Eggleston,
Carolyn Fernandez, Christian Pennington,
Jonathan Webster

general manager
Chuck Leishman
chuck@northcoastjournal.com

advertising manager
Melissa Sanderson
melissa@northcoastjournal.com

advertising
Mike Herring mike@northcoastjournal.com
Shane Mizer shane@northcoastjournal.com
Terrence McNally terrence@northcoastjournal.com
Tad Sarvinski tad@northcoastjournal.com

marketing & promotions manager
Drew Hyland

office manager/bookkeeper **Carmen England**
receptionist/classified assistant **Michelle Wolff**

MAIL/OFFICE:

310 F St., Eureka, CA 95501

PHONE: 707 442-1400

FAX: 707 442-1401

ncjournal@northcoastjournal.com

press releases
newsroom@northcoastjournal.com

letters to the editor
letters@northcoastjournal.com

events/a&e
calendar@northcoastjournal.com

music
thesetlist@northcoastjournal.com

production
ncjournal@northcoastjournal.com

classified/workshops
classified@northcoastjournal.com

●
on the cover:

Photo by Sebastian Hedberg

HOME IMPROVEMENT EDUCATION EXPENSE
LOAN CONSOLIDATION

HOME EQUITY LINE of CREDIT

Cash when you need it. No Points and No Fees!

As low as
3.74% APR Promotional Variable
*Rate In effect until 06/30/15
4.25% APR Current Variable Rate



- Free Prequalification
- Competitive Rates
- Quick Turnaround
- Local Underwriting and Servicing

APPLY TODAY
OFFER ENDS
12/31/14!

See a Member Service
Representative or go
Online at **coastccu.org**

445-8801

www.coastccu.org



NMLS #00545

Belonging Never Felt Better™

Coast Central
Credit Union

*All loans subject to approval of credit, income verification and property valuation. APR = Annual Percentage Rate. 3.74% Variable APR is the promotional rate through 12/31/14 for home equity lines up to \$200,000 and 80% combined-loan-to-value (CLTV). The promotional period ends on 6/30/15, the rate will then adjust to the current variable rate then offered by Coast Central Credit Union (CCCU). The interest rate may not increase more than 6% over the non-introductory start rate (current maximum: 6% on 80% CLTV product). The minimum rate may not decrease below 3.5% after any introductory period has elapsed. Minimum credit line of \$10,000 required. 10 year draw and 15 year amortization terms available. APRs are accurate as of 04/14/14. The annual percentage rate may vary after the account is opened. No points or fees will be charged by CCCU during this promotional period. The no fee offer is not applicable for third party fees such as sub-escrow, other miscellaneous title fees or professional appraisal charges which may be required in certain circumstances.

CRIME

Two Alderpoint Shootings

An Alderpoint man was arrested the morning of July 22 after two shootings in the Rancho Sequoia area over the weekend.

The Humboldt County Sheriff's Office arrested 30-year-old Matthew Aaron Brown after an apparent shootout with a local resident left one man dead. That victim has not been identified. On Friday, July 18, 49-year-old Neil Eugene Decker, of Alderpoint, was shot after an alleged dispute with Brown over personal property, according to a sheriff's office press release. On July 22, residents of the area were looking for Brown when one of them was shot, according to the sheriff's office. When deputies arrived on scene, one man was found dead in the roadway. The sheriff's office began searching the property where the shooting occurred that morning.

— Grant Scott-Goforth

EMERGENCY

West End Road Fire Kills One

An 86-year-old man died in a house fire on West End Road on July 19.

Jack Wilson, who lived at the home, died in the fire, Coroner Dave Parris confirmed. The coroner's office suspects Wilson died of accidental smoke inhalation, and Parris said the Arcata Fire Protection District is still determining the cause. "It's definitely non-criminal," Parris said.

Firefighters from the Arcata Fire Protection District responded to a call just before noon and found heavy smoke and fire at the home. According to a press release, after "45 minutes to an hour the fire was knocked down and the fire crews resumed their search for the resident, who they were sadly unable to rescue."

— Grant Scott-Goforth

ECONOMY / GOVERNMENT

Arkley Properties Paid Off in Eleventh Hour

If you've trained your eye not skip over those black and white legal notices in the back of the *Journal* like we have, you may have noticed a long list of tax-delinquent properties that ran in June. Nearly 200 property owners around the county had failed, in the last five years, to pay property taxes, and the county treasurer — as he is legally required to do — was noticing them that if the amount owed wasn't paid, at least in part, the county would invoke its power to auction off the properties.

Among those were eight properties belonging to Rob Arkley-held companies. They included tracts of vacant land on the edge of the bay near Manila and the Arcata Slough owned by CUE E IV, industrial properties at either end of First Street in Eureka owned by CUE V, and the Republican Headquarters building owned by Security National Offices LLC on Fifth Street

across from the Humboldt Smokehouse.

Combined, the companies owed \$51,519.67 in unpaid property taxes, and were primed to be sold if they weren't paid by the June 30 deadline. Security National has had financial issues for several years, laying off nearly 50 employees in 2011, with one of its subsidiaries declaring bankruptcy later that year, and pulling roots for Louisiana last year.

According to Teena Spellenberg, an administrative services officer in the Humboldt County Treasurer's department, all eight Arkley-owned properties were redeemed, meaning the back taxes were paid in full or a payment plan was initiated.

As long as a property owner pays 20 percent of the owed taxes upfront and agrees to a five-year payment plan, the county will not consider sale of the property. Some of the owed taxes on the Arkley properties were paid in full, and installment plans were made for others. At the minimum, \$12,915 was paid by June 30 in order to prevent the properties from going to auction.

— Grant Scott-Goforth

STAY CONNECTED www.northcoastjournal.com/blogjammin [f](#) northcoastjournal [t](#) ncj_of_humboldt [p](#) ncjournal [e](#) newsletters

GemFaire.com

GEM FAIRE

July 25, 26, 27

Redwood Acres Fairgrounds
{ 3750 Harris St., Eureka }

FRI 12-6 | SAT 10-6 | SUN 10-5
Free Admission!

GEMS BEADS JEWELRY MINERALS CRYSTALS

Buy direct from Wholesalers,
Importers & Manufacturers!

ONE FREE GIFT *Bring this ad

Discover all the items you need to make your own jewelry.

- OR -

Find your own style from loads of latest designs and merchandise from around the world!

503.252.8300 info@gemfaire.com

*One per person. Not valid with other offer. While supplies last. Property of Gem Faire, Inc., can be revoked without notice, non-transferrable.

Gardening in the Shade with Mary

Do you have a shady spot in your garden that could use some "spiffing up?" In this workshop we will introduce you to many shade plant selections that should perform well in lower light.

Saturday, August 2nd at 10:30 am

Miller Farms

Check millerfarmsnursery.com for more info and Cheeto's weekly specials.



CORRAL COUTURE WAS IN FULL SWING AT THE FORTUNA RODEO THIS WEEKEND. WHILE THE BRONCS AND BULLS BUCKED IN THE ARENA, IT WAS A RODEO RUNWAY ON THE OTHER SIDE OF THE FENCE, WITH CUSTOM BOOTS, BLINDING BUCKLES, DENIM AND STETSONS. HALEY GIBSON SHOWS OFF HER DUDS. SEE MORE PHOTOS AT NORTHCOASTJOURNAL.COM.
PHOTO BY JENNIFER FUMIKO CAHILL

COMMUNITY
**Goodbye,
Jack Mays**

Artist Jack Mays, colorful chronicler of Ferndale, has died. Mays had battled cancer since 2004 — living nearly a decade longer than the doctors had predicted he would, and doing all sorts of inspiring and lively things in that time. He captured every inch of Ferndale and many of its people in elaborately detailed colored-pencil drawings, lampooned and celebrated citizens in 500 editorial cartoons for the

Ferndale Enterprise, started a medical-travel foundation and counseled other cancer sufferers.

The *Journal* profiled Mays in February after doctors told him this time the end really was near. He joked about the prognosis in a cartoon in the *Enterprise* — him

in a chair with breathing tubes in his nose, a picture of Mark Twain behind him on the wall and Twain saying, “The rumors of my death have been greatly exaggerated.”
Alas, it is now true.

— Heidi Walters

ENVIRONMENT
Our Owl Problem

Once again, our owl problem is in the news. *National Geographic Daily News* had a story July 17 about the experiment to give northern spotted owls a chance at keeping a talon-hold on their habitat by killing barred owls.

And, once again, the tale stars Green Diamond wildlife biologist Lowell Diller and his spaniel, Riley. Diller, it must be noted, does not appear to enter into this grim owl adjustment lightly. Quoth the NG:

“When I went out to do it the first time, I was shaking, I had to steady myself,” he remembers. “I wasn’t sure I could actually do it. It was so wrong to be shooting a beautiful raptor like this. It continues to be awkward to this day.”

Zach St. George wrote about Diller’s

role in the barred-owl-removal experiment, part of a broader plan by the National Fish and Wildlife Service, for the *North Coast Journal* back in 2011. It, too, was called “Shooting Owls.”

— Heidi Walters

OUTDOORS
Goosenecking at Clam Beach

I suspect I’m not the only Humboldt who finds myself meandering down the beach and keeping a gentle eye out for seafaring debris from Japan’s 2011 tsunami — you know, a skiff, a soccer ball, perhaps a motorcycle? It’s fascinating to think these wayward objects, gone astray in the midst of one of this century’s worst natural disasters, have managed to negotiate the breadth of the Pacific Ocean and quietly arrive with us years later.

Recently, while my son Sam and I were airing the dogs at Clam Beach, we came across piles of spent fireworks, a sprinkling of snowy plovers and a shit-ton of by-the-wind sailors. We also happened upon

continued on next page ►

Humboldt County Fair 2014 • AUGUST 14TH-24TH FERNDAL, CA • The Bounty of the County

SAVE UP TO 25% ON FAIR TICKETS! ORDER BEFORE AUGUST 1st!

NAME: _____ ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____ DAYTIME PHONE NUMBER: _____

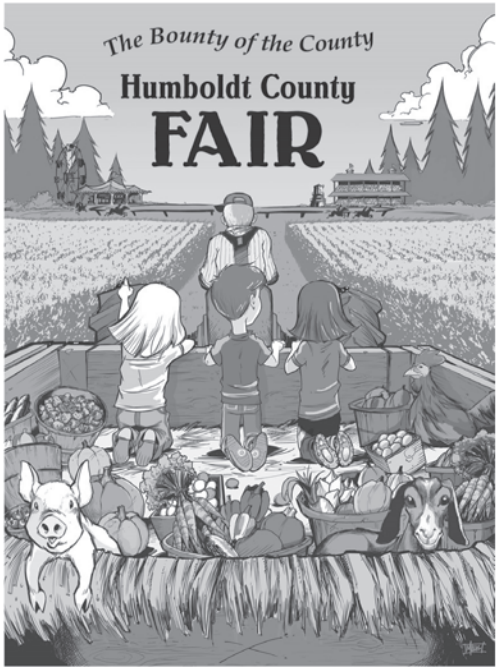
ONE-DAY PASSES	AGES	REGULAR PRICE	DISCOUNT PRICE, (Each) x # of passes
General	13-61	\$8	\$5 x _____ = _____
Seniors	62+	\$6	\$4 x _____ = _____
Children	6-12*	\$4	\$2 x _____ = _____
Racing		\$3	\$1 x _____ = _____
(2014 Racing Days: Fri., Aug. 15, Sat., Aug. 16, Sun., Aug. 17, Fri., Aug. 22, Sat., Aug. 23, Sun., Aug. 24)			
Carnival Ride Pass one day (noon-8p.m.) all rides		\$30	\$20 x _____ = _____
TOTAL ENCLOSED \$ _____			

Senior’s Day: Fri., Aug. 15th (62 and older admitted FREE)

FREE General Admission Day: Mon., Aug. 18th

Kid’s Day: Wed., Aug. 20th (kids 12 and under admitted FREE)

*Under 6 admitted free



TICKETS ARE AVAILABLE AT A DISCOUNT BEFORE FRIDAY, AUGUST 1st, 2014 ONLY.

Cut out and complete form. Make check or money order payable to Humboldt County Fair and mail to: 1250 Fifth Street, Ferndale CA 95536 (postmarked by August 1st). Presale discount tickets are available for purchase or pickup at the fair office by August 1st, 2014. Presale tickets can be picked up on the day you visit the fair at the “will call” window.

FARMER BROWN'S
is becoming...



**Heading to the River?
Camping?**

**Your one-stop shop
for River Fun**

*Teva & Chaco Sandals
Headlamps
Darn Tough Socks
Watershed Dry Bags
Benchmark Knives
Lifejackets*



We Deliver Anywhere!
Our new 16-foot Flat Bed Truck
for all your Garden Supply Needs
Door-to-Door Service up to
8-Pallets Soil or Lumber

OPEN 7-7
7 Days a Week
(530) 629-3100
41212 State Highway 299
Willow Creek, California 95573



BLOG JAMMIN'

continued from previous page



CHECK OUT AN UP CLOSE AND PERSONAL VIDEO OF GOOSENECK BARNACLES AT
WWW.NORTHCOASTJOURNAL.COM PHOTO BY AMY BARNES

an unassuming buoy resting in the sand, covered in curious-looking shellfish.

We hunched down to get a better look, and suddenly noticed the things were moving. And not just moving, but squirming, thrashing, writhing and questing with long, bendy necks and feathery tendrils that poked in and out of a cluster of multi-sized shells. Seriously, they were like little aliens, or Audrey II, the plant from *Little Shop of Horrors*.

I've lived in Humboldt County for 35 years and have never seen anything like them. Might they just be invasive, bio-fouling tsunami hitchhikers brought to shore by the weekend's super moon tides?

After reaching out to ocean afficiant-

dos, I got this response from California Department of Fish and Wildlife Senior Environmental Scientist Martha Volkoff: "Those appear to be *Lepas* (gooseneck barnacles), the predominant species on many of the items that have landed."

After a bit of online research, I learned that the exotic-looking gooseneck barnacle is actually a pretty common marine crustacean living in temperate seas throughout the world. The good news, NOAA says, is that if they are seafaring crustaceans from the waters of Sendai, they are not an invasive species. They are, however, hermaphrodites, which is always weird. They have a lifespan of up to 20 years. Interesting. Their animated feathery

bits are feeding apparatus. In addition, (although I can imagine few things more heinous than eating a pelagic gooseneck barnacle), they are considered a delicacy in some parts of the world.

— Amy Barnes

ANIMALS

Amphibian of the State

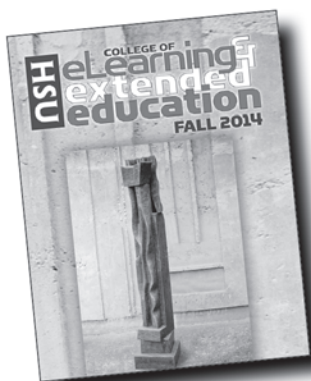
The California Department of Fish and Wildlife has tapped the California red-legged frog (*Rana draytonii*) to be our state amphibian. In other news, there is, in fact, such a thing as a state amphibian.

So far, the Sequoia Park Zoo doesn't have one of these little flippered fellows — which, according to the press release, inhabit wetlands from southern Mendocino to Los Angeles and are the largest among indigenous frogs in the Western U.S. — but one hopes the state will be passing them out like cigars in celebration. Well, maybe not. California Fish and Wildlife says the species is considered threatened under the Environmental Protection Act. Evidently those red legs taste just like chicken, or they did to the gold (and frog) hungry '49ers who nearly pan-fried them to extinction.

A quick scan of the ca.gov website reveals that while we have a state animal (grizzly), bird (California valley quail) and flower (Golden poppy), there's still plenty more flora and fauna to stake out. State Elusive-Missing-Link-Man-Beast, anyone?

— Jennifer Fumiko Cahill

COLLEGE OF Humboldt eLearning extended education



**For a free course
bulletin or to register:**

CALL 826-3731

DROP BY in the HSU Student
& Business Services Bldg., 2nd
floor. Open M-F, 8 a.m.-5 p.m.

[VISA • MC • DISCOVER]

OR VISIT THE WEBSITE:

www.humboldt.edu/extended

COMING UP:

Sheng Zhen Healing Qigong Wed., Aug. 27-Sept. 10

Learn a form of Qigong that helps one experience unconditional love, with movements that may be done while seated. With John Yamas.

Culturally Relevant Outdoor Education

Wed., Aug. 27-Sept. 24 Are you an aspiring educator? Get trained to teach three lessons (K-2, 3-5 and 6-8) in inquiry-based outdoor education, centered on the new Next Generation Science Standards (NGSS). Instructor: Michelle Forrington. In partnership with the Discovery Museum.

Creativity with Your Digital SLR Camera

Tues./Thurs., Sept. 2-11 Learn basics of camera set-up, care and use, and how to improve composition and creativity in your photographs. With Mark Larson.

Intermediate Russian Language & Culture

Tues./Thurs., Sept. 2-25 If you already have some Russian reading, writing and simple conversation ability, this course will broaden your language skills. With Anya Lipnik.

OLLI - 50 & BETTER:

To register for OLLI courses, call 826-5880

Osher Lifelong Learning Institute • www.humboldt.edu/olli

OLLI Fall Open House Sat., Aug. 16, 1-3 p.m.

At the Humboldt Bay Aquatic Center next to the Adorni Center on the Eureka Waterfront. Join OLLI at HSU or renew your membership, learn about the exciting line-up of fall classes and meet OLLI faculty and friends.

Membership Meeting Wed., Aug. 27, noon-1:30 p.m.

Join OLLI at HSU members and staff at the Humboldt Bay Aquatic Center to reflect on our Institute and look to the future. Everyone is invited!

Book Arts: Book-in-a-Box Tues./Thurs., Aug. 26 & 27

Create a custom box containing a handmade book. With Michele Olsen.

Appreciating Today's Poetry: Becoming a Poet

Wed., Aug. 27-Sept. 17 Open to readers and writers of all levels. Examine the work of two inspiring poets each week and learn methods to help you write your own poetry in a nurturing environment with Pat McCutcheon.

Disability accommodation may be available. Contact event sponsor: (707) 826-3731 • HSU is an AA/EO Employer.

Poo-pooing Pot Ads

By Grant Scott-Goforth

grant@northcoastjournal.com

The National Guard has been called in to assist a massive bust on Yurok Tribal lands.

Seventy marijuana grows are being targeted for "eradication," according to a press release from the tribe, in response to concerns about widespread environmental and cultural damage caused by the grows.

A *Los Angeles Times* reporter has been following the raids from Weitchpec, and noted that four of 43 search warrants obtained for the raid were served Monday. The multiagency effort seized nearly 4,000 plants, with an estimated 100,000 total plants expected to be found.

The operation has been in the planning stage since April.

The tribe has a zero-tolerance policy for drugs, meaning that even medical marijuana grown in accordance with California law is illegal on the reservation.

According to the *LA Times*, Yurok Tribal Chairman Thomas O'Rourke told of officers gathered pre-raid, "We can't ... make it into our dance places, our women and children can't leave the road to gather. We can't hunt. We can't live the life we've lived for thousands of years."

- *Washington City Paper* is offering to pay the \$25 fine for anyone caught smoking pot in Washington, D.C. The capital's city council essentially decriminalized marijuana, reducing the sentence for being caught in possession of bud from six months and \$1,000 to just a \$25 citation.

The alt-weekly, curious to discover how the citations will be issued in a city that overwhelmingly arrests black people on marijuana charges (91 percent of marijuana arrests in 2007), has told the public it will pay citations in exchange for details about

how the citation was issued.

The decriminalization itself has been the subject of some controversy. As D.C. is the seat of our national government (which forbids just about everything regarding marijuana), some think it's unconscionable that possessing weed there should be considered so benign. A Maryland congressman amended a House budget bill to stop the district from funding enforcement of decriminalization (wrap your head around that), but, according to *Newsweek*, the law is unlikely to

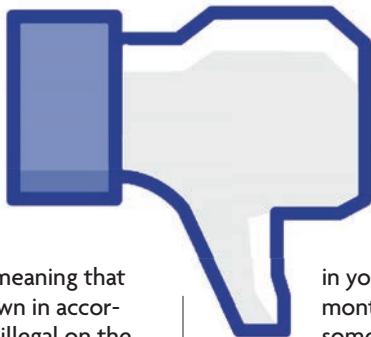
pass the Senate. Also, the prez told Congress not to pick on D.C.

There's also the risk of wandering onto federal land in D.C. (there's lots of it around there). Showing up at the Lincoln Memorial with a joint

in your pocket can get you six months and a \$5,000 fine, and some are worried that people will not be able to tell the difference between city and federal jurisdictions, putting possessors at risk.

- Pot shops in Colorado and Washington are running into a uniquely modern problem: Social media sites — Google, Facebook, Twitter, etc. — are refusing to advertise their products.
- In an article last month, *Chronicle* writer Joe Garofoli spoke with several weed-marketing insiders who lamented the difficulty in getting today's Internet-savvy eyeballs on dispensaries and products.

Those three major social media sites have policies against advertising drug- and tobacco-related products. That limits entrepreneurs to direct mailers and print advertising (wink), Garofoli writes, although Colorado's legalization prohibits pot shops from print advertising in publications whose readership is more than 30 percent under the legal pot-smoking age of 21. ●



THE ORIGINAL • SINCE 2002
Humboldt
CLOTHING CO.

The **ONLY** locations to shop for authentic and original Humboldt Clothing Company products

Humboldt
Hoo-Rag
Bandana

Humboldt
Hacky
Sack
Footbag



Bayshore Mall Eureka (707) 476-0400

987 H ST Arcata (707) 822-3090

or shop online at
www.humboldtclothing.com

**Coastline
Charters**

Salmon • Tuna • Rockfish • Halibut • Crab



Leaving Eureka
Public Marina Daily

Whale Watching
Birding

Custom Charters
Half Day and Full Day Trips
Up to 6 people per trip

(707) 601-3474 (FISH)
Coastlinefishingcharters.com

CALL FOR SALE PRICE

EU6500is

- 6500 watts, 120/240V
- Perfect for home back up power, RVs, outdoor events, and more
- Super quiet
- Fuel efficient - up to 14 hrs on 4.5 gals of gas
- Convenient electric start
- Inverter - stable power for computers and more



HONDA
GENERATORS



Please read the owner's manual before operating your Honda Power Equipment and never use in a closed or partly enclosed area where you could be exposed to poisonous carbon monoxide. Connection of a generator to house power requires a transfer device to avoid possible injury to power company personnel. Consult a qualified electrician.
© 2012 American Honda Motor Co., Inc.



4001 Broadway, Eureka





CURRENTLY PARALYZED FROM THE SHOULDERS DOWN AFTER INJURING HIS SPINAL CORD, STEVE WATTS IS LEARNING TO USE A MOTORIZED WHEELCHAIR HE CAN CONTROL WITH HIS CHIN. PHOTO COURTESY OF MELBA WATTS

Fighter Down

A local man works to walk again
as his injury shines a spotlight
on Trinidad's fight night

By Thadeus Greenson

ON THE COVER STEVE WATTS BROKE HIS NECK AND INJURED HIS SPINAL CORD WHILE ATTEMPTING TO SLAM HIS OPPONENT, MICHAEL HEBENSTRIET, DURING A "SO YOU WANNA FIGHT CUZ YOU THINK YOUR TUFF" EVENT AT CHER-AE HEIGHTS CASINO ON APRIL 26. PHOTO BY SEBASTIAN HEDBERG

It's a sunny morning, and Steve Watts is sitting in a motorized wheelchair in the courtyard of a Santa Clara spinal injury rehabilitation center, his mother by his side. Watts, known locally as a ripping local jam band guitarist and music promoter who's served on a litany of Arcata boards and commissions, broke his neck three months ago during a mixed martial arts event in Trinidad dubbed "So You Wanna Fight Cuz You Think You're Tuff." A day shy of his 41st birthday, Watts is describing his typical daily routine at the facility.

He usually wakes up at about 7 a.m., then tries to eat something, a process made difficult by the tracheotomy tube doctors placed in his neck to help him breathe. After breakfast, nurses and therapists help him stretch out his body to stave off atrophy in his paralyzed limbs. Then he does about an hour of physical therapy. Sometimes this consists of moving his head, neck and shoulders against slight resistance. Other times it means specialists propping him up in a standing frame, which helps circulation to his extremities and reacclimates his body to being upright. He spends his afternoons in occupational therapy, where specialists are teaching him how to navigate life without the use of his limbs, showing him how to interact with phones and computers, get in and out of cars and the like.

Some days are better than others, Watts says, noting that he's been plagued by pneumonia, night fevers and other complications that have delayed his physical therapy regimen. "People think of a spinal injury, and think things go numb and don't work," Watts says. "It's not that simple. Internal stuff gets paralyzed too. Your lungs don't stop, but they come damn close. There's so many parts to the damage that happens to the body that you have to address before even being able to get into physical therapy ... I'm looking forward to getting past the medical emergency part of it and really accelerating the physical therapy."

Over the phone, Watts sounds upbeat but grounded. He pledges to throw himself 100 percent into rehab, but stops well short of making any proclamations and predictions. He's asked what role music — the focus of his career and one of his life's great passions — is playing in his recovery. He pauses. It simply hasn't been a part of his recovery process, he says finally. "It's been more a part of the grieving and letting go," he says, noting that when he first woke up after six hours of emergency surgery in the Redding hospital, he kept remarkably upbeat and was sure he would make a full recovery. "Early on, the hos-

pital was really cool," he says. "This nurse would come talk to me and say, 'Your attitude is so good, but here's the hard part: You need to get to the grieving. You need to realize a part of you died, and you need a rebirth.' You can learn to walk and get all kinds of dexterity back. But playing guitar? There's no physical therapy that's going to bring that type of finger dexterity back. It's uncomfortable, but real: The reality of being like, 'Wow, I'll never play guitar again.' I didn't think that was up for grabs in this small mixed martial arts tournament. I didn't think that was on the table."

Turns out, everything was on the table in an unregulated tournament that saw hundreds of spectators who'd paid about \$40 apiece to see "rough tough bikers, bouncers, brawlers, red necks, rough necks, no necks and guys and gals that 'think they're 'tuff'" — as the event website advertised — fight for prize money. Watts knows he will never be the same chiseled, multitasking man who stepped into the ring that night. "Part of it is learning to redefine yourself," he says.

Meanwhile, Watts' injury shines a light on the world of amateur mixed martial arts events, efforts to regulate them and the safety nets put in place to try to protect fighters in an inherently violent and dangerous sport. The injury also pushes a shadowy fight promoter back to center stage.

Growing up in Long Valley, New Jersey, the younger of two kids, Watts loved sports. At the age of 6, his parents signed him up to play Pee Wee Football, and he took to it with the intensity that would come to define him later in life. "He was the youngest, smallest guy on the team," says his mother, Melba Watts. "He would get very upset if there was any reason to miss practice. He just insisted that he never missed a practice, which meant we had like one month a year where we could go anywhere as a family."

As Watts grew older, he got into other sports as well: soccer, track and, starting in middle school, wrestling, which soon became an all-consuming passion. To hear Watts tell it, there was something different about wrestling. While there were physical limitations to how far he could go in other sports, Watts says the only ceiling in wrestling is how hard a person is willing to work. "There's an intensity to it and a brotherhood, and it just seemed like there was the possibility to work and work and work to succeed at it," Watts says. "It's so independent. It's just you, your opponent and the mat. And you can learn your lessons and go home and work

on it year-round, thinking about how your opponents are out having ice cream and pizza while you're working out."

Through intense work, Watts says he got good at wrestling. Really good. So good, in fact, that in high school he was travelling all over the East Coast representing the state of New Jersey. He competed in nationals and traveled to Colorado to train at the Olympic Training Center. "It just continued to feed me," he says. "The harder you work, the better you get."

When he came to Humboldt State University to study environmental science, Watts founded the university's wrestling club. But after earning a masters degree in globalization, Watts left wrestling behind, pouring his energy into music. Specifically, he played guitar and practiced for hours daily. In 1999, he left Humboldt to attend the Hollywood Musician's Institute, returning to the local area in 2004 to team up with friend and fellow musician Matthew Beck to form Passion Presents, then the county's only full-service music promotion company. With Watts as the technician — he amassed a collection of top-notch sound equipment — the company took off, putting on hundreds of shows and bringing headliners like reggae star Jimmy Cliff and Phish frontman Trey Anastasio to town. Meanwhile, Watts' own band, the Steve Watts Band, took off and developed a reputation for lively, jam-band style shows. Watts also threw himself into a number of community groups, including the Arcata Chamber of Commerce, Arcata Main Street and Californians for Alternatives to Toxics.

But athletics kept calling. "I just kind of needed a competitive sport," Watts says. So, in 2011, Watts started practicing Brazilian jiu-jitsu, a martial art with an emphasis on self-defense and grappling made famous by Carlos Gracie and his family. Like he seems prone to do, Watts dedicated himself wholly to the sport and soon had a sculpted body out of the pages of a muscle magazine and was trav-



A POSTER ADVERTISES THE FIGHT WHERE STEVE WATTS WAS INJURED.

elling the country to compete.

Bryan Raskin says he met Watts around 1995 through mutual friends and quickly bonded with him over a mutual love of the Grateful Dead. "We clicked on that level," Raskin says, adding that he loved listening to Watts play music. But, Raskin says, it was a mutual dedication to training that really brought them close, adding that he was preparing for competitive triathlons while Watts was getting into jiu-jitsu.

Watts proved a natural at the sport and went on to compete in 40 tournaments, winning more than 100 matches and claiming two world championships in the course of a little over two years. That success caught the eye of a renegade Canadian fight promoter, Don Arnott, who called Watts out of the blue one day in November 2013 to recruit him to compete in one of the raucous mixed martial arts fighting events he'd been holding at Cher-Ae Heights Casino for about a decade.

After a brief and unsuccessful first stab at MMA at the November 2013 "So You Wanna Fight" event, Watts decided to give it another go on April 26. Watts said he was initially reticent to compete in a sport he hadn't been training in, but felt with his extensive experience in Greco-Roman wrestling and jiu-jitsu he had "two of the three legs under the table of MMA." All he lacked was striking training. But Watts decided to go for it and, once on board, he threw himself into the challenge.

He walked into the ring for his first fight that night wearing black spandex shorts, with his blond locks pulled into a ponytail and athletic tape covering his nipple rings. When the bell sounded, Watts and his opponent converged, and Watts quickly took the fight down to the mat, where he was comfortable and could rely on his wrestling and grappling skills. In the fight's second minute, Watts and his

continued on next page ►

Allan Dollison Attorney at Law

Former Senior Deputy District Attorney
Lieutenant Colonel in the US Army Reserves
Proven Results Based Upon Experience



(707) 296-9050
937 6th St. • Eureka, CA 95501
(in the Davis and Poovey Building)
humboldtcriminalattorney.com

FREE CASE EVALUATION

- All Serious Crimes
- Domestic Violence
- Drug Prosecutions
- Expungements
- DUI/DMV Cases
- Family Law
- Personal Injury

prius goes plural
0% APR* for 60 months!!
on all prius models



**MID-CITY
Motor World**

(707) 443-4871

www.mid-citytoyota.com • 4800 N. US Hwy 101, Eureka, CA

*0% FINANCING THROUGH T.F.S. WITH ABOVE AVERAGE CREDIT APPROVAL. \$16.67 PER \$1000 FINANCED. ALL NEW CARS FEES INCLUDE A \$80 DEALER DOC. FEE. EXPIRES 07/31/14

TOYOTA
Let's Go Places

ToyotaCare

STAY CONNECTED www.northcoastjournal.com [f](#) northcoastjournal



ncj_of_humboldt



ncjournal



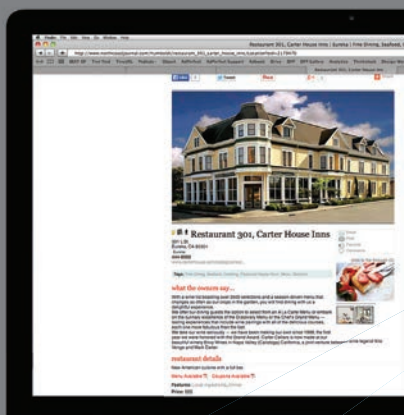
newsletters

RESTAURANTS



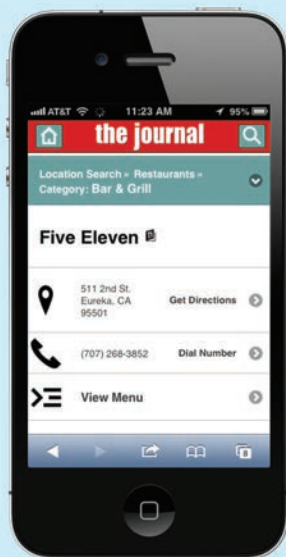
A-Z

400+ Locations



online:
northcoastjournal.com

on-the-go:
m.northcoastjournal.com



Search by food type,
region and price.

Browse descriptions,
photos and menus.

thejournal
OF POLITICS, PEOPLE AND ART

ON THE COVER

continued from previous page



A GROUP TENDS TO STEVE WATTS AS HE LAYS PRONE IN THE RING AFTER BREAKING HIS NECK AND INJURING HIS SPINAL CORD ON APRIL 26. PHOTO BY SEBASTIAN HEDBERG

opponent were fighting for position on the ground when — in one clean motion — Watts flipped the guy onto his back and into a choke hold. The ref quickly stepped in, stopping the fight and declaring Watts the winner. Those in attendance then got a peek at Watts' trademark intensity, as he leapt up, screamed and glowered at the camera. The few hundred people in attendance roared.

When Watts returned to the ring later that night for his second fight, he faced a more seasoned opponent, Michael Hebenstrie. Things went wrong almost immediately. After the bell, the fighters came together and Watts grabbed Hebenstrie, lifted him high in the air and attempted to slam him into the mat while bringing his weight down on top of his opponent. But Watts' technique was sloppy, and his head was placed in the wrong position. Watts' head hit the mat first, with the weight of both fighters falling on top of it. The impact fractured Watts' V-4 vertebrae, damaging his spinal cord.

"In the end, I broke my own neck," Watts says, adding that he remembers every second of the fight and its immediate aftermath in vivid detail. "At that moment, [Hebenstrie] rolled away and I flopped. The last sensation I had was my hands flopping loosely behind my neck and feeling the broken bone sticking out. At that point, I couldn't feel anything from the neck down."

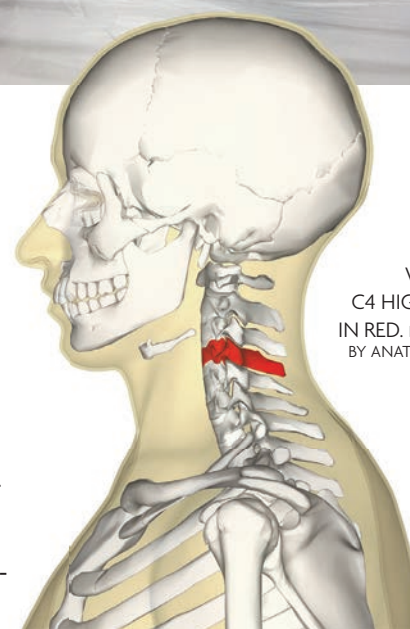
As Watts lay motionless on the mat, Hebenstrie, not realizing the extent of Watts' injury, regrouped and punched Watts in the face, according to a report

in the Humboldt State University *Lumberjack* newspaper. At that point, the referee realized something was terribly wrong and stopped the fight as Watts repeatedly shouted that he couldn't move. The ringside physician stepped onto the mat. "Then it was kind of chaos," Watts says.

According to numerous witness reports, there seemed a moment of uncertainty in the ring as Watts lay motionless on the mat before a group of bystanders — reportedly off-duty paramedics — sitting ringside leapt into action, entered the ring and started tending to Watts.

Raskin was there with his wife that night, sitting near the back. He says he saw Watts attempt to slam Hebenstrie, but couldn't see the fighters once they hit the mat. Still, he saw enough to know something had gone wrong. He left his seat and walked toward the ring. "Oh God. It was a nightmare," he says, recalling seeing his friend on the mat as people worked to keep him calm and still. "I thought the people who did handle the situation in the ring did an outstanding job, and I think it was pretty critical that they were there."

After what seemed to Watts like an eternity, he was loaded onto a stretcher and taken backstage, where he waited for an ambulance and paramedics to arrive. Watts retained consciousness, but was having a panic attack. Raskin worked to keep Watts calm as his chest lurched up and down. About 20 minutes after the injury — according to Arcata Ambulance Service — Watts was loaded up and



LATERAL VIEW OF CERVICAL VERTEBRAE, C4 HIGHLIGHTED IN RED. ILLUSTRATION BY ANATOMOGRAPHY (ADAPTED), WIKIMEDIA COMMONS/ CREATIVE COMMONS LICENSE

transported to Mad River Hospital, from where he was quickly flown to Redding to undergo six hours of surgery.

Looking back, Watts says the whole thing still seems surreal. "I didn't feel in any way in jeopardy," he says. "I felt very alpha two seconds before breaking my neck. It was so easy to pick [Hebenstrie] up that high. I felt like there was no chance of losing."

In the aftermath of Watt's injury, Arnott, the fight promoter, told a reporter with the *Lumberjack* that he'd never witnessed an injury this serious in "So You Wanna Fight's" 24-year history. That may be true, but Watts' was at least the second catastrophic injury one of Arnott's fighters had suffered in a less than three-year period.

In July 2011, Arnott put on an event in Kelowna, British Columbia, that was

won by Mike Boyer, a 35-year-old bodybuilder who'd never fought in an MMA event before. Immediately after the title fight, as friends congratulated him on the victory, Boyer started feeling lightheaded and nauseous. When he vomited, paramedics came to his aid and ultimately rushed him to a local hospital where a CT scan revealed bleeding in Boyer's brain. He underwent six hours of emergency surgery that left him with a foot-long scar on the side of his head, but allowed him to make a full recovery.

In the wake of Boyer's injury, "So You Wanna Fight" was widely criticized for not having a ringside physician present that night, the thinking being the physician might have noticed that Boyer was concussed during the fight and stopped it before it got as serious as it did.

Arnott told a reporter for the *Kamloops Daily News* that he's always concerned about the safety of his fighters, which is why he had an ambulance standing by at the event. A ringside physician, he told the paper, is not required: "All a doctor does is dial 911 to bring an ambulance."

On the night of April 26 in Trinidad, there was a ringside physician but no ambulance standing by at Cher-Ae Heights Casino, and it took about 20 minutes to get one on scene. Arnott has not returned any of about a half dozen phone calls from the *Journal* in the wake of the fight. He also took down the "So You Wanna Fight" website immediately following the event. Casino Marketing Manager Mark Jacobson said Arnott handles all the details of the So You Wanna Fight events, which the casino simply hosts. But Jacobson said the ringside physician hired for the April 26 fight night is an emergency room doctor. Asked about whether paramedics and an ambulance were on scene, Jacobson deferred: "I can't speak to that. That's a Don question."

The casino offered a running commentary on Twitter of the So You Wanna Fight event, and posted a message about Watts: "Hats off to Steve 'Thor' Watts for great energy tonight ... sorry to see him hurt. Hoping that he's okay!" The Tweet has since been deleted. Jacobson said the casino contracts with an outside social media group to handle its Twitter page and that he didn't know why the post was taken down.

In his brief conversation with the *Journal*, Jacobson made a couple other interesting comments in reference to Arnott and the So You Wanna Fight events. First, he said Arnott "does events all over the nation and up in Canada as



CALIFORNIA ATHLETIC COMMISSION EXECUTIVE DIRECTOR ANDY FOSTER, A FORMER MIXED MARTIAL ARTS FIGHTER AND PROMOTER, BELIEVES FIGHTER SAFETY IS OF PARAMOUNT IMPORTANCE TO THE FUTURE OF THE SPORT. PHOTO COURTESY OF CALIFORNIA ATHLETIC COMMISSION

well." If this is true, there's no evidence online that he's promoted any So You Wanna Fight events anywhere other than Trinidad in the last several years. A So You Wanna Fight YouTube channel has dozens of fight videos uploaded to it, but the only videos from recent So You Wanna Fight events are ones held at Cher-Ae Heights. (They include one of Watts' first fight on April 26, which was posted about a month ago). Jacobson also said the So You Wanna Fight MMA fights follow the sport's uniform rules, which isn't accurate as Arnott has made a very public point of talking about how he modified those rules to make his events more entertaining.

David Teixeira, a British Columbia government relations specialist and former wrestling promoter who has loved MMA virtually since its inception first met Arnott in 2010. Teixeira recalls listening with keen interest as Arnott told Teixeira about how he'd ditched the rules generally agreed upon by the mixed martial arts community and crafted his own event, which featured tournament style bouts that saw participants fight multiple times in the same evening. Believing crowds want to see knockouts, and plenty of them, Arnott also implemented a rule in his events prohibiting fighters from being on the ground for more than 30 seconds, forcing the action upwards and encouraging more haymaker punches. (Arnott also discussed the rules modifications in a past *Journal* story, "Fight," Dec. 1, 2011.)

Teixeira says he was intrigued by Arnott, but is ultimately an MMA purist, loving that the sport pits grapplers against boxers, karate masters against jiu-jitsu specialists, on a level playing field, leaving the fighters to push their own rhythms, like dancers battling in contrasting styles to

the same music. It wasn't until Boyer's injury that Teixeira really took a closer look at Arnott and his outfit, saying he was shocked to see Arnott pull the event's website offline and essentially go into hiding after that fight. The more Teixeira scrutinized Arnott's enterprise, the more he says he found not to like. "He's putting himself out there to be a fight promoter or a mixed martial arts promoter, and he's soiling the sport," Teixeira says, adding that Arnott seems to do all possible to sidestep regulation and cut corners, even at the expense of fighter safety.

While Arnott bills his events as amateur fights with the slogan "no pros, just average Joes," Teixeira says Arnott is prone to recruiting fighters with extensive experience and pitting them against novices, with the idea that the ensuing carnage will delight

fans. "That's an old carnage trick," Teixeira says. "But a skilled fighter who doesn't have to disclose his record can enter one of these events and really maim people."

Boyer's injury in Canada came as Teixeira and a coalition of folks were pushing for British Columbia to form a combat sports commission to sanction and govern MMA fights, which were actually illegal in British Columbia until fairly recently. The commission finally formed just last year, and implements a host of regulations on the sport, from pre-fight drug and blood testing and medical checks to requirements that a host of medical staff be on site for the events. Since the commission formed, Arnott has not put on another event in British Columbia, which Teixeira says isn't surprising. "I kind of figured that once regulation came to British Columbia, it's like shining a light on cockroaches — they scatter," he says.

In California, it's up to the state athletic commission to govern combat sports. In 2012, the commission was taken over by Executive Director Andy Foster, a former professional MMA fighter and promoter. In the wake of Watts' injury, the *Journal* caught up with Foster. "Those things you're talking about, those tough man competitions, I won a whole lot of them before I turned pro," Foster says. "And I watched somebody killed in one of those." The bottom line, Foster says, is MMA is a violent and dangerous sport, which is why it's imperative that it be highly regulated and closely watched.

Foster's commission oversees virtually all professional fights in the state and imposes a host of checks to try to make sure they are as safe as possible for fighters. In

continued on next page ►

You're invited!

Celebrate the *North Coast Journal's* Best of Humboldt 2014 issue with cocktails, nibbles and a screening of Best in Show (PG-13) at the **Eureka Theater** on **Thursday, August 7** at **6 p.m.** Tickets for the movie are \$5.

Sorry, no actual dogs.

Fetch a copy of the *North Coast Journal's* August 7th Best of Humboldt 2014 issue to see who the alphas of local restaurants, shops, services and more are. Woof.



home & GARDEN



Green Future
SOIL PRODUCTS

- BULK SOIL
- COMPOST
- EARTHWORM CASTINGS

The Heart and Soul of Humboldt
825-1225 /// 4651 West End Rd. Arcata, CA

Joan Woodcock Insurance Services
725-1200

CA License #OE34152
1506A Main St.
Fortuna, CA 95540



I Can Help!
Medicare Supplements
Dental • Life • Rx

Hensel's ACE Hardware
Benjamin Moore

Kitchen Store • Furniture • Appliances • Old Fashioned Candy Store

10% OFF*
FINAL PURCHASE PRICE
with this coupon

*Excludes power tools.
Not valid with other discounts.

(707) 822-2965
884 9th Street, Arcata

ON THE COVER

continued from previous page



WORKING TO RECOVER FROM A BROKEN NECK, STEVE WATTS REMAINS HOPEFUL AND GROUNDED AS HE GOES THROUGH HIS DAILY REHABILITATION REGIMEN AT A SANTA CLARA FACILITY. PHOTO COURTESY OF MELBA WATTS



addition to a battery of pre-fight screenings and tests designed to ensure a fighter is fit to step into the ring, Foster says the commission also requires a pair of ringside physicians, with an ambulance and a team of paramedics standing by. "But just having these things is not enough," Foster says. "There needs to be a system in place where, if something does go wrong, all the people know the system so this fighter can get from the cage to the hospital in the shortest amount of time possible. There's a bit of an art to that."

Foster says that means the referee, the physicians, the crowd security team and the paramedics all communicating by hand signals so that, if needed, they can launch an emergency response and evacuation plan without saying a word. The problem, Foster says, is that these things all come with a price tag some promoters are unwilling to pay, so some — like Arnott — simply hold their fights on tribal lands, where state laws, and the commission's extensive regulations, do not apply.

But that's not to say all MMA events held on reservations are without regulation. Far from it, and one doesn't have to look too far from Trinidad to see an example. When local fight promoter Nick Kurukuza brought MMA to the Blue Lake Casino in 2003, he helped the Blue Lake Rancheria form an athletic commission to oversee the sport. Kurukuza says the commission modeled its regulations after California's,

and enforces them strictly to protect fighter safety.

Kurukuza says that, under the commission's rules, he's required to have a pair of ringside physicians present at every fight, as well as a team of paramedics and an ambulance standing by. "When it's time

for the paramedics, it means an ambulance ride and you need it right there. It's important having people with not just the training, but the wheels, too." But, really, Kurukuza says, fighter safety starts long before fight night, explaining that it takes him months to set up matches, ensuring

fighters squaring off have comparable skill sets and are fully prepared to step into the ring. Similarly, he said fighter weigh-ins are extremely important, adding that he makes sure his ringside physicians and referee are there on weigh-in day to evaluate fighters and talk to them, feeling out their skill sets, tendencies and potential vulnerabilities.

It's largely unclear what fighter safeguards are in place for Cher-Ae Heights' "So You Wanna Fight" events. Though participants were required to go through a pre-fight screening, it's unclear what that entailed. What is clear is that, while the event had a ringside physician, there was no ambulance or paramedic team standing by.

Like Arnott, Trinidad Rancheria Tribal Chair Garth Sundberg and Humboldt County 5th District Supervisor Ryan Sundberg, a former tribal councilman, didn't return calls seeking comment about what regulations — if any — the tribe imposes on Arnott's events. Jacobson says the casino is working to have future fights sanctioned by the International Sport Combat Federation, the largest mixed martial arts regulating body in the



STEVE WATTS' FAMILY HAS SET UP WEBPAGES TO HELP HIS FRIENDS AND COMMUNITY TRACK HIS RECOVERY, WWW.CARINGBRIDGE.ORG, AND DONATE TO HELP WITH HIS MOUNTING EXPENSES, WWW.GIVEFORWARD.COM. PHOTO COURTESY OF MELBA WATTS



PICTURED HERE WITH HIS RESPIRATORY THERAPIST, STEVE WATTS SAYS HE IS LOOKING FORWARD TO MOVING PAST THE MEDICAL EMERGENCY PHASE OF HIS RECOVERY SO HE CAN DEVOTE MORE TIME AND ENERGY TO PHYSICAL THERAPY. PHOTO COURTESY OF MELBA WATTS

world. He says the change will make sure the events adhere to a strict set of regulations, allow fighters to be internationally ranked and, consequently, will help attract fighters from all over, raising the caliber of the competition. But, Jacobson says, the sanctioning has nothing to do with Watts' injury and has long been in the works. "It's something we've always wanted to do," he says.

Sitting in the courtyard of the rehabilitation facility in Santa Clara, Watts doesn't sugarcoat his future. "I'm going to work hard and continue to work for a long time, and I hope to have certain faculties return, but I'm not delusional," he says. "I could end up being the same, where I'm totally paraplegic and paralyzed from the shoulders down. I understand what's real, but I'm going to put energy every day into trying to change that."

Melba Watts says her son has a very long road ahead of him, and will likely spend the rest of his life with regular physical therapy appointments. His new road will also come with significant expenses. "We haven't quantified it, but it's just a big, black glob of expensive," Melba Watts says, explaining that Steve will need a van to transport him and his wheelchair, regular therapy appointments and probably other equipment and home modifications to allow him to live independently.

Both Watts and his mother spoke glowingly of a fundraiser Raskin, Jennifer Keenan, Matthew Beck and others held in Arcata a couple months ago. Raskin said the group plans to hold several more,

with the next tentatively scheduled for November. Watts' family has also set up a fund on www.giveforward.com, which has raised \$23,592 so far to help with his recovery. Of the 157 donations received to date on the site, none came from Arnott or Cher-Ae Heights Casino. Watts says neither have contributed to his recovery in any way.

Watts said he's been humbled by the flood of well wishes, prayers and thoughts that have come his way from friends and acquaintances through social media in the wake of his injury. "When you can have somebody pick up the phone for you and check those messages, your whole day just lights up from getting those messages from people who care about you," Watts says. "I would say that's been irreplaceable ... It's been a wellspring of inspiration for me."

And so Watts continues working every day to regain what he's lost while squarely facing the reality that he may never get there. He's leaning on his parents, who have left their Florida home and rented an apartment near the rehabilitation facility to make sure he isn't alone. And, he's attacking his rehab with a fighter's spirit, the same one that fueled him to nationals, led him to log 10,000 hours of practice on his guitar and saw him win a pair of jiu-jitsu championships as his 40th birthday approached. But, he knows, this fight is different.

"With wrestling, if you get up and put in your due diligence, you're going to make progress," he says. "Here, that might not be the case. But I couldn't live with myself if I give it anything less than 110 percent." ●

GOLDEN ARM TARP PULLER™

Patent pending



Light-Dep greenhouse with Golden Arm Tarp Puller and Push Rod installed. Greenhouse not included.

Simplifying LIGHT-DEP

Makes pulling tarp over small frames easier and faster. Makes pulling tarp over larger greenhouses finally possible!

GOLDEN ARM™

- Heavy-duty, galvanized steel construction.
- Designed for longevity.
- Grease fittings at pivot points.
- Telescoping steel tubing adjusts up to 20' wide and up to 10' tall.
- Works on any length greenhouse.
- Assemble and install with simple hand tools.
- Can be retrofitted to older greenhouses at anytime in the growing season.
- Optional **PUSH ROD** available for even more leverage on larger greenhouses or heavier tarp.

EASY TO INSTALL

The Golden Arm™ tarp puller consists of two heavy duty pivoting steel arms. Each arm is mounted to approx. two cubic feet (three 90lb bags of Quick-Mix) concrete at either end of the greenhouse.



Visit our website for a video demo!
www.harvestexcel.com

Available at your local garden supply shop

or online @ www.harvestexcel.com

To carry our products in your retail store,

Call: 707-986-4430

Email: sales@harvestexcel.com

Designed, tested and built in Humboldt County, CA



Whitethorn Construction



LARGEST LEATHER SELECTION ON THE NORTH COAST



100% Top Grain Leather

NATUZZI A022



Plus, Leather Furniture and Recliners from Stressless, American Leather, Flexsteel and Southern Motion.

LIVING STYLES
Furniture & Mattress Showroom

SECOND & A • OLD TOWN EUREKA
707-443-3161

MON-SAT 10-5:30 SUN 11-5
livingstyles.net



LAURA MUÑOZ, RUXANDRA CANTIR AND JOAN SCHIRLE. PHOTO COURTESY OF DELL'ARTE INTERNATIONAL.

Friendship, Art and Endurance

Stylized story of survival at Dell'Arte

By William S. Kowinski

stagematters@northcoastjournal.com

It's not an ordinary book, with crisp black type on slick snow-white paper. It consists of stitched rags and metal fragments left from the grenades the women in a Nazi slave labor camp were forced to drill. It is a book of simple domestic images with personal meaning, small enough to hide from the guards, created secretly by one Hungarian woman for another in the final and most ferocious months of the Holocaust. It is a scrapbook of survival, handmade in hell.

Dell'Arte's Joan Schirle happened to

see an art exhibit in Canada with digital blowups of these images. Both the book and the woman who received it survived. "I experienced a profound emotional shift when I saw these images of things crudely fashioned yet powerful, that seemed both banal and sacred at the same time," Schirle wrote later. They inspired a stage piece, *Elisabeth's Book*, which previews Wednesday, July 23 and opens Thursday, July 24 for a weekend run at Dell'Arte in Blue Lake.

Created by Schirle, fellow actors Laura Muñoz and Ruxandra Cantir, and director

and designer Alain Schons, *Elisabeth's Book* tells the story of three women with music, dance, poetry, projections and live video.

There are three scenes in this one-act play, revised from its "in-progress" April version. The first scene depicts the women's ordinary middle-class life in Hungary, emphasizing their love of books and music. The second is set in the Nazi camps and shows the making of the book. The third scene takes place in a little-known period between the European war's end in 1945 and the massive Marshall Plan aid from the U.S. in 1948, when in Winston Churchill's words, Europe was "a rubble heap, a charnel house, a breeding ground of pestilence and hate." Like many others liberated from the Nazi camps, these stateless and penniless women wandered, sometimes finding themselves in camps again, not as prisoners but as refugees.

For Schirle, it is a story of survival that applies beyond historical circumstances to ever-present possibilities of today.

"These women wouldn't have made it without each other, without friendships," Schirle said. "Creative acts like Elisabeth's book or the recipe books they made and the actors and singers in the camps were also vital to their survival. We aren't trying to encompass the Holocaust, nothing can. The danger is always the sentimentalization of the unspeakable. But these are ordinary women and their stories deserve to be told and remembered. It's also important to realize that anyone's life can be changed in the world we're living in. There are millions of displaced people in the world right now."

Even apart from its physical theatre style, the play is not a documentary (Schirle noted that the character she plays would have been considered too old to work and therefore killed). But it is based on real characters and events, especially on Elisabeth Raab and her memoir, *And Peace Never Came*. Today Raab lives in Toronto, and her son will attend a performance in Blue Lake. Though (like other Holocaust victims) Raab couldn't find a way to write about these events until the 1990s, she

kept the book made for her at the Lippstadt camp 70 years ago.

Among the projections during the show are images from that book that Schirle first saw in Canada, by artist Thelma Rosner, Elisabeth's grand-niece. Original music was composed by Tim Gray, Gina Leishman and Schirle. Lighting is by Michael Foster, costumes by Lydia Foreman and sound design by Tim Gray. *Elisabeth's Book* is performed in the Carlo Theatre at Dell'Arte, July 23-27 at 8 p.m. 668-5663, www.dellarte.com.

Coming Up: Near the other end of the theatrical spectrum is *The Wedding Singer*, opening this weekend at Ferndale Repertory Theatre. Take a 95-minute Adam Sandler romantic comedy movie set in 1985 and inject it with an additional hour and a half of musical reminders of the 1980s' more superficial features, add frenetic energy and period costumes and you've got this 2006 Broadway entertainment, which has since toured the world. It's written by Tim Herlihy and Chad Beguelin (also the lyricist) with music by Matthew Sklar.

Directed at Ferndale Rep by Brandi Lacy, with musical direction by Molly Severdia and choreography by Danielle Cichon, it features Erik Standifird, Sasha Shay, Tyler Rich, Megan Hensley and Cichon heading a large cast. *The Wedding Singer* opens Friday, July 25, playing Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. through Aug. 17. There's a special Actors Benefit performance on Thursday, Aug. 7 at 8 p.m., preceded by live music from The Attics at 7 p.m. 786-5483, www.ferndalerep.org.

Also this weekend: *The Poor of New York*, an 1857 melodrama about families victimized by financial corruption, opens at North Coast Repertory Theatre with a benefit for cast and crew on Thursday, July 24 at 8 p.m. As in classic melodrama, good triumphs over evil. Performances continue through Aug. 16. Directed by Alex Service, it features David Simms, Randall Larson, Shirley Santino, Toodie SueAnn Boll, Scott Osborn, Jim Buschmann and David Moore. 442-6278, www.ncrt.net. ●



TRINITY DIESEL, INC.
WE'RE THE SOLUTION!

Kubota BX25

Rugged & Reliable
(707) 826-8400
5065 Boyd Rd Arcata
Monday - Friday - 8am - 5pm

SHADY LADY
WINDOW COVERINGS & DESIGN

Susan Johnson
HD Certified Professional Dealer

405 Henderson St Eureka
707/442-1500
California Contractor's License # 772848
www.shadylady.biz

HunterDouglas Gallery

Blinds Shutters Shades Shadings



▲ **THE ABSYNTH QUINTET** CLOSES OUT THE HUMBOLDT FOLKLIFE ALL DAY FESTIVAL ON SATURDAY, JULY 19, WITH AN ENCORE FEATURING GUITARIST CLAY SMITH, WHO RETURNED TO BLUE LAKE TO SING HIS RUBBERNECKERS HIT, "ANOTHER SUNNY DAY."

► **CLIFF DALLAS & THE DEATH VALLEY TROUBADOURS** PLAY SOME KICK-ASS TUNES FOR OUTLAW COUNTRY NIGHT ON WEDNESDAY, JULY 16, IN DELL'ARTE'S AMPHITHEATER DURING THE HUMBOLDT FOLKLIFE FESTIVAL.



Around Humboldt County

Photos by Bob Doran
northcoastjournal.com/bobarazzi

WESTON PRO-2100
Best industrial vacuum sealer on the market.

BAYSIDE GARDEN SUPPLY
 HYDRO • ORGANICS • SOILS
 Hwy 101 in the Safety Corridor 707.826.7435
 10-6pm M-Sat • 10-5pm Sun

Mad River Gardens
 Arcata, CA

Humboldt's best kept secret

Quality gift ideas for all occasions with free gift wrapping. Imported dishware, books, linens, glassware, metal art, tiles, a little something for everyone

Mon.- Sat. 9am-6pm • Sun. 9am-5pm
 (707) 822-7049 • 3384 Janes Rd • Arcata

SNAP-FAN

available at

OPEN EVERY DAY
 822-9888
 76 South G. St., Arcata
 (Across from the Marsh)
 HUMBOLDT GROWN SINCE 1987

WATER PLANET GARDEN SUPPLIES

Don't Just Clean. Clean Green!

Renew your clothes and our world with a new way to dry clean.

Eureka ■ 442-2527
 2907 E Street
 Arcata ■ 822-3750
 Sunny Brae Center
 Fortuna ■ 725-9003
 743 Fortuna Blvd.

Norman's DRY CLEANERS & LAUNDRY
 Since 1977

GREEN EARTH CLEANING
You've never worn anything like it.™

GET OUT!



Pretty Fly

Kiteboarding at Clam Beach

By Amy Barnes

outdoors@northcoastjournal.com

LIKE FLYING IN A DREAM. IN A WETSUIT.
PHOTO COURTESY OF CHRIS APPLETON

You may have noticed those giant kites in the sky above Clam Beach and wondered what's going on out there. It's kiteboarding, also known as kitesurfing. It's similar to wakeboarding or waterskiing, but instead of being towed by a boat, you are pulled along by a giant, steerable, wind-borne kite.

"Kiting is like rubbing your stomach and patting your head at the same time," enthuses 63-year-old veteran kiteboarder Gene Callahan. "It's not for the faint of heart. There's a certain amount of risk, and a certain amount of thrill. It's not for everybody — it's not golf."

Like most local kilters, Callahan says he went "to the dark side," transitioning from windsurfing to kiteboarding, about 10 years ago. "We thought windsurfing was the greatest sport ever invented. Kiting is even better. It's the same sensation as flying in your dreams," he says. "The kite has the power of a motorboat and it's pulling you on a wakeboard or a surfboard. And you can control it ... you can jump waves, you can surf waves. You can do anything you want out there."

According to the Clam Beach regulars, fewer than 20 people routinely kiteboard there. The typical set includes guys aged 15 through 63, and one woman, Melissa Glass. "She's the only lady kiter up here," says Callahan. "I'm very impressed with her sailing skills,"

Glass is a mom in her 40s, who also got

her start with windsurfing. She says kiteboarding in Humboldt is predominately a dude thing, but figures women make up about 25 percent of the kiteboarding population in other places she's been, like Mexico. "But not in Humboldt. Not yet." She describes kiteboarding as "a finesse sport" and emphasized its accessibility to women, "Because you're hooked into the kiteline, and into the harness, it's about kite control and balance and coordination, not upper body strength."

About 10 years ago, local kiteboarding pioneer Chris Romero taught a handful of friends the basics. "The initial group were a bunch of old windsurfers," explains Callahan, "Then, a second generation of kilters came onto the scene — young kids Chris Appleton's age started doing it."

The oldest kiter in Humboldt's waters, Callahan enthusiastically dubs 27-year-old protégé Appleton "the best kiter up here."

Appleton and his friend Mark Harlan were recently at

Clam Beach for a "mega sesh," about three hours in the water/air (an "everyday sesh" is usually one or two hours). The wind was up and they launched quickly. A hefty onshore breeze is crucial to kiteboard safety. Without lifeguards, kiteboarders practice self-rescue and must make their way back to shore, impossible in an offshore breeze.

Harlan, who has broken a foot and smashed his ribs a few times, says kiteboarding is a buddy sport. "It's just a safety thing," he explains, "Because we

go out a couple miles sometimes. So, if something breaks ... you know. They always say 'you don't wanna go out further than you can walk back.'"

On a typical day, Humboldt kilters can reach speeds of 5 to 35 miles per hour, depending on the wind and the size of the kite. The bigger kites are faster and therefore suit lighter wind days, while smaller, slower kites work on gusty days. Local kilters jump to heights of 20 to 40 feet, while pros have gotten "crazy high" according to Appleton, flying to 75 feet or higher.

Appleton and Harlan are both keen to distinguish themselves from surfers. Kiteboarding is a more solitary pursuit than surfing, they say. "There's not 10 people looking at you cause it's your one turn on your one wave."

Clam Beach is by far the favorite of Humboldt County kiteboarders due to the often clear conditions, onshore winds and ample space to lay out lines and launch. Callahan, who has kiteboarded in Mexico, Hawaii and the Greek Islands, says a good day at Clam Beach is as good as anywhere he's been. "It's actually the friendliest, safest place to kite. It's better than going to the Hood River Gorge, better than Rio Vista, it's better than Crissy Field. There's too many obstacles and other sailors there. Clam Beach there's nobody, and every time you get in trouble, you're still going to get blown back onto shore."

Winter is the exception, with its unpredictable, offshore winds. That's when Callahan and crew go out near the Coast Guard Station on Humboldt Bay or to

Big Lagoon. "Big Lagoon has flat water. It's friendlier, but not as fun," he says, grinning.

Glass agrees, saying the ideal months for kiteboarding are from April, when the north winds start up, through late September and sometimes early October.

To kiteboard, you'll need a wetsuit, a wakeboard or surfboard, a kite (multiple sizes for different wind conditions), a waist harness, bar and strings. Like other sports, there is a huge range of pricing, but you can find used equipment online and hit the waves for about \$1,200. Currently, there isn't anywhere to rent kiting gear in Humboldt, and local kilters tend to go online or shop out of the area for equipment. Michael Owen of Pacific Outfitters says the shop doesn't stock kiting gear, but can special order it.

Unlike windsurfing, which can take years to master, kiteboarding is relatively easy to learn. The consensus from Humboldt's kiteboarding community is that beginners should take at least two or three days of lessons at Floras Lake (www.floraslake.com) in Oregon for a solid foundation before trying it out in local waters.

Before heading out to the beach, kilters check the marine forecast on www.noaa.gov, call the Arcata Airport for wind reports or visit www.kitesurf.com for info on weather. The Camel Rock webcam is another great resource for checking conditions.

Thinking about taking off? Callahan sums it up for the curious: "If you don't mind tremendous thrills and potential to get a little hurt, then it's a good sport. The rewards are way greater than the risks." ●

On the web



See more photos at
northcoastjournal.com



SUMMER BLACKBERRIES — THE STUFF OF POETRY. PHOTO BY JENNIFER FUMIKO CAHILL

Secrets and Pies

Blackberry muffins from the pie ladies

By Jennifer Fumiko Cahill

tabletalk@northcoastjournal.com

In “Blackberry Picking,” the late poet Seamus Heaney writes:

“You ate that first one and its flesh was sweet/ like thickened wine: summer’s blood was in it/ leaving stains upon the tongue and lust for/ picking.”

And a lusty, greedy business it is, reaching into a briar, snaking stained fingers around thorns for the heavy, ripe fruit. We pull over and pick shamelessly by the roadside and keep our best hunting grounds secret, unwilling to share where exactly that gorgeous coffee can full of berries came from. And how many don’t make it into the can at all, but go straight into our mouths?

Knowing they’re out there on the vines, ripening and (ohmygod) rotting can make you lose perspective. One summer when we were staying with my in-laws, I couldn’t bear to waste a single berry from their massive backyard bushes. I ate them for breakfast with milk, put them in pies and baked one blackberry crisp after another until my mother-in-law finally put a hand on my forearm and said in a firm voice, “I think that’s enough.” Her intervention was for my own good.

If you know of a secret early blackberry briar up in Blue Lake, you may already be

in a frenzy. The rest of us will have to wait until August or whenever the flash of pink fireweed on the side of the road signals blackberry season. Or do we?

Since last berry season, a group of 11 women have been meeting every Tuesday evening at the Westhaven Fire Hall to make blackberry pies for the 54th annual Westhaven Blackberry Festival on July 27 from 10 a.m. to 4 p.m. The pie ladies, as they’re known, buy and freeze berries from local pickers (don’t ask — nobody is revealing their picking spots) in August and immediately start setting up over 1,000 pies to freeze until just before the festival, when they’ll bake them for sale. They also bake huckleberry pies (think of the struggle you’ll save yourself) and whip up homemade jams and jellies, all to benefit Westhaven’s volunteer fire department.

What’s in those pies? Unlike the CIA, the pie ladies have no leaks. “It’s blackberries and love,” is all second-generation volunteer baker Erica Ervin will say. She is, however, willing to share her blackberry muffin recipe, which is a fine way to showcase the berries once you start hoarding. Just keep it to five or six batches — try and keep some perspective. ●

Erica Ervin’s Blackberry Hill Muffins

Makes 12 muffins

Ingredients and Method:

1 cup sugar
1 ½ cups all-purpose flour
1 teaspoon cinnamon
¼ teaspoon nutmeg
2 teaspoons baking powder
½ teaspoon vanilla extract
¼ teaspoon salt
½ cup melted butter
1 cup milk
1 egg, beaten
¾ to 1 cup blackberries or huckleberries

Preheat your oven to 375 F and grease a muffin tin. In a medium bowl, whisk the dry ingredients. In a smaller bowl, mix the butter, milk and egg. Pour the liquid into the dry ingredients and combine. The mixture should be lumpy. Gently fold in the berries. (If you are using frozen berries, don’t defrost them before measuring. If they’re fresh, dust them with flour before adding them to the batter.)

Pour the batter into the muffin tin (with or without paper liners), filling each cup 2/3 to 3/4 full. Bake for 25 to 35 minutes, until an inserted toothpick comes out without crumbs.

omጽጺኛ ኣገተርናቲናልፈ.

10% Discount
to HSU and
CR Students!

**ETHIOPIAN
INTERNATIONAL CAFE**

*Humboldt's first Ethiopian restaurant
welcomes you! Come and enjoy the
authentic flavor of Ethiopia, and don't
forget about our freshly brewed coffee
from Ethiopia and Tanzania!*

407-3630 • 210 4th Street, Eureka

The Sea Grill

*Always serving you
the finest and
freshest of our
local catch*

316 E ST. • OLD TOWN, EUREKA • 443-7187
DINNER MON-SAT 5-9 • LUNCH TUE-FRI 11-2

Grand Opening!

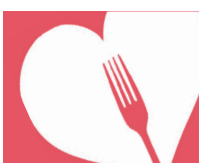
Frozen Yogurt

- 8 Flavors
- Self Serve
- More than 50 toppings
- Smoothies
- Build your own shakes
- Family atmosphere

Locally owned and operated



McKinleyville Shopping Center



What's your food crush?

We're looking for the best kept food secrets in Humboldt.
Email your tip and we'll check it out for the Hum Plate blog.
Email jennifer@northcoastjournal.com

.....
FIND IT ON
NEWSSTANDS
AND AT LOCAL
WEDDING & PARTY
RETAILERS
.....

2014 WEDDING & PARTY GUIDE



.....
Venues • Officiants • Consultants
• Invitations • Jewelry • Gowns &
Accessories • Alterations & Cleaners •
Formal Wear • Salons & Spas • Lingerie
• Rentals & Decorations • Florists
• Bakeries • Catering • Wineries &
Breweries • Music & Entertainment •
DJs • Videos • Photography • Travel
Agencies • Limos & B&Bs • Gifts &
Registry • Miscellaneous & Parties
.....

Search the complete
directory online at:
northcoastjournal.com/wedding

.....
Printed with environmentally friendly UV inks.

music & more

LIVE ENTERTAINMENT GRID

ARCATA + NORTH

EUREKA + SOUTH ON NEXT PAGE ►

venue	thur 7/24	fri 7/25	sat 7/26	sun 7/27	m-t-w 7/28-30
THE ALIBI 822-3731 744 Ninth St., Arcata		Dead Souls and More (tribute) 11pm \$7	Sea of Bones and Mystics in Bali (alt.) 11pm \$5		
ARCATA THEATRE LOUNGE 1036 G St., 822-1220		Stand Up! Comedy All-Stars 8pm \$10		<i>Beethoven</i> (film) 5:30pm \$5, All Ages	[W] Sci-Fi Night w/ <i>The Beast of Yucca Flats</i> 6pm Free w/\$5 food/bev, All Ages
BLONDIES 822-3453 420 E. California Ave., Arcata	Open Mic 7pm Free			Jazz Night 7pm Free	[M] Quiz Night 7pm Free [T] BeTh isBell Band (rock) 7pm Free
BLUE LAKE CASINO WAVE LOUNGE 668-9770 777 Casino Way	Karaoke w/KJ Leonard 8pm Free	The Getdown (funk) 9pm Free	Merv George (rock) 9pm Free	Karaoke w/KJ Leonard 8pm Free	[W] PressureAnya Twerk Contest (dance) 10pm Free
CENTRAL STATION 839-2013 1631 Central Ave., McKinleyville	Open Mic w/Jimi Jeff 8pm Free	Karaoke w/Rock Star 9pm Free			[W] Open Mic w/Jimi Jeff 8pm Free
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 677-3611 27 Scenic Drive, Trinidad	Accurate Productions (DJs) 9pm Free	Triple Junction (blues) 9pm Free	707 (funk) 9pm Free	Karaoke w/Chris Clay 8pm Free	[T] Karaoke w/Chris Clay 8pm Free
CLAM BEACH INN 839-0545 4611 Central Ave., McKinleyville		Imperial Destructo and Friends (rock) 10pm \$3			[W] Blues Explosion (open jam) 8:30pm Free
HUMBOLDT BREWS 826-2739 856 10th St., Arcata		Dustbowl Revival (roots) 9:30pm \$10	Tina Fraser Memorial (bands) 9pm Free		
JAMBALAYA 822-4766 915 H St., Arcata	Luminaries and Liquid Cactus (hip-hop and funk) 10pm \$13	King Maxwell and Jay Morg (DJs) 9:30pm Free	Caravan of Glam (drag) 10pm \$10	DGS Sundaze (EDM DJs) 9pm \$5	[W] The Whomp (DJs) 9pm \$5 [T] Dash Kwiatkowski (comedy) 9pm \$5
LARRUPIN 822-4766 1658 Patricks Point Drive, Trinidad		Blue Lotus Jazz 6pm Free			[W] Aber Miller (jazz) 6pm Free
LIBATION 825-7596 761 Eighth St., Arcata	Claire Bent (jazz) 7pm Free	La Musique Diabolique (jazz) 7pm Free			[T] Buddy Reed (blues) 7pm Free
LIGHTHOUSE GRILL 677-0077 355 Main St., Trinidad				JD Jeffries Trio (folk) 5pm Free	

**The Only
Alibi You'll
Ever Need!**

Open Daily
8am - 2am

744 9th St. on the Arcata Plaza
822-3731
www.thealibi.com

Cafe Brio
on the Arcata Plaza
Friday Night Dinners
Farm to Table Cuisine
Small Plates & Bistro Classics
Wine Bar, Coffee, Desserts & Pastries
menus @ www.briobaking.com/cafe
Open Evenings Fridays Only from 6-9
Monday-Friday 7 - 5 Weekend Brunch 9 - 2
Blue Bottle Coffee & the Wines of Kermit Lynch

SUSTAINABLE LOCATORE ORGANIC

3 foods cafe
835 J Street Arcata (707) 822-9474
3foodscafe.com
open at 5:30 tues-sun
Now Serving Brunch Sat-Sun 11-4pm
Check out our facebook page
for news and specials!

Naturopathic Medicine - Helping You Be Well Naturally
Bringing a Natural Medicine Approach to both Primary Care and Consultation

In Association with Dr. Beverly Copeland, MD
DR. CHERE EDGAR, ND
Naturopathic Doctor
1727 Central Ave, McKinleyville, CA (707) 840-0556
Now Accepting New Patients
www.drchereedgar.com

Treating the Underlying Causes of Illness

- * Increase Energy
- * Improve Digestion
- * Hydrotherapy
- * Allergies

arcata • blue lake • mckinleyville
trinidad • willow creek

clubs, concerts
and cafés

Submit your
events online!
Deadline noon Friday



venue	thur 7/24	fri 7/25	sat 7/26	sun 7/27	m-t-w 7/28-30
LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake	Klez Encounters (klezmer) 9pm Free		Smashed Glass (folk-punk) 9pm Free	Potluck (food) 6pm Free	[W] Turtle Races 8pm Free
MAD RIVER BREWERY 668-5680 101 Taylor Way, Blue Lake			USGGO (jazz/funk) 6pm Free	Redwood Ramblers (bluegrass) 2pm Free	
MOONSTONE CROSSING TASTING ROOM 845-5492 529 Trinity St., Trinidad				Otto Knobetter (jazz) 4pm Free	
MOSGO'S 826-1195 2461 Alliance Road, Arcata			Bradley Dean (rock/country) 4pm Free		
OCEAN GROVE 677-3543 480 Patrick's Pt. Dr., Trinidad					[M] Dancehall Mondayz w/Rude Lion 9pm \$5
PLAZA GRILL 826-0860 780 Seventh St., Arcata	Thursday Night Shake Up 8pm Free				
REDWOOD CURTAIN BREW 550 South G St. #6, Arcata 826-7222			Anna Hamilton (blues) 6pm Free		[M] Open Bluegrass Jam 6pm Free
ROBERT GOODMAN WINES 937 10th St., Arcata, 826-WINE	Roots & Culture Reggae 9pm Free	Chocolate (jazz) 9pm Free	RLA Trio and Paula Jones (jazz) 9pm Free		[W] Salsa! (lessons + dance) 9pm \$5
SIDELINES 822-0919 732 Ninth St., Arcata	Rude Lion Sound (DJ) 10pm \$2	DJ Music 10pm \$2	Sidelines Saturdays w/Rude Lion 10pm \$2		
SILVER LINING 839-0304 3561 Boeing Ave., McKinleyville			Good & Evil Twins Karaoke 8pm Free		[T] Good & Evil Twins Karaoke 8pm Free
SIX RIVERS BREWERY 839-7580 Central Ave., McKinleyville	Kev & Dee (Motown) 9pm Free	Anna Hamilton (blues) 9pm Free	The Movers and The Shakers (rock) 9pm Free	Trivia Night 8pm Free	[M] Karaoke w/DJ Marv 8pm Free
SUSHI SPOT 839-1222 1552 City Center Road, McK.					[M] Anemones of the State (jazz) 5pm Free
TOBY & JACKS 822-4198 764 Ninth St., Arcata		DJ Itchie Fingaz (glitch/hip-hop) 9pm Free	DJ Music 10pm Free		[W] Reggae Wednesdayz w/Rude Lion 10pm Free



**MARGARITAS
&
MEXICAN GRILL**

HAPPY HOURS

Rita's on Harris
\$2 Well Drinks
Extremo Happy
Hour 4-5pm
& Regular Happy Hour

Rita's on 5th Street
\$4 Jumbo Margaritas
\$2 Pints & Full Size Drinks
Regular Happy Hour
M-Sa 3-5pm

Rita's in Arcata
\$2 Pints • \$3 Margarita
M-F 3-5pm

Eureka
1111 5th St • 443-5458
427 W. Harris St • 476-8565
Arcata
855 8th St. Suite 3 • 822-1010
RitasCafe.com

ncj COCKTAILCOMPASS

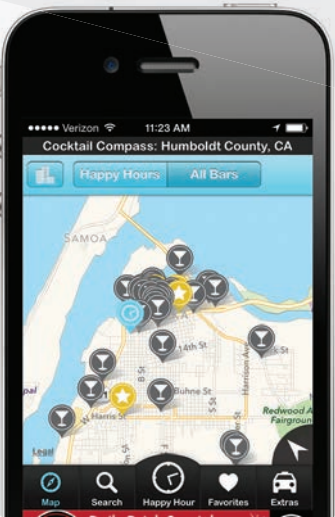
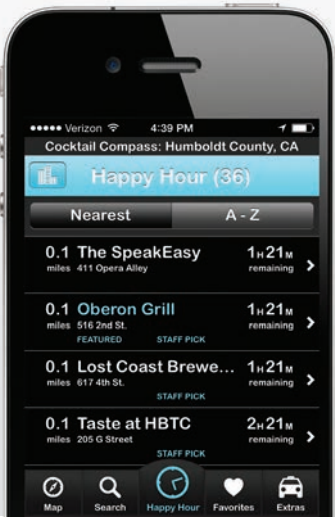
100+ BARS, 80+ HAPPY HOURS

NORTHCOASTJOURNAL.COM/COCKTAILCOMPASS

HAPPY HOUR COUNTDOWN TIMER • FIND CURRENT HAPPY HOURS
CLOSEST TO YOU • ROUTING DIRECTIONS • ONE-TOUCH TAXI DIALING



FREE / AVAILABLE ON iOS & ANDROID



BEST Quality! BEST Price! BEST Service!



**Welcome HSU
& CR Students!**

Prices To Meet Any Budget
Student Discounts and
Bedding Packages

PRICES AS LOW AS
\$169 Twin
\$209 Full
\$249 Queen

MOORE'S SLEEPWORLD

MONDAY – SATURDAY 10:00 a.m. to 6:00 p.m.
SUNDAY 11:00 a.m. to 5:00 p.m.
www.moressleepworld.com

Buy Today
Deliver Tonight

707-444-2337
5th & A St.
EUREKA

707-725-2222
1201 Main St.
FORTUNA

707-822-9997
876 G St.
ARCATA



five eleven




Fresh, farm to table products made same day in house.

For Reservations call 268-3852

Open at 5pm Tues.-Sat.
511 2nd Street • Old Town Eureka

511
bar & restaurant

music & more

LIVE ENTERTAINMENT GRID

EUREKA + SOUTH

◀ ARCATA + NORTH ON PREVIOUS PAGE

venue	thur 7/24	fri 7/25	sat 7/26	sun 7/27	m-t-w 7/28-30
BAR-FLY PUB 443-3770 91 Commercial St., Eureka		Bar-Fly Karaoke 9pm Free			[W] Bar-Fly Karaoke 9pm Free
BEAR RIVER CASINO 733-9644 11 Bear Paws Way, Loleta	Karaoke w/Chris Clay 8pm Free	The Hot Rods Dance Contest 9pm Free	The Hot Rods Dance Contest 9pm Free		
CECIL'S BISTRO 923-7007 773 Redwood Drive, Garberville			Stand Up! Comedy All-Stars 8pm Free		
CHAPALA CAFÉ 443-9514 201 Second St., Eureka		The Tumbleweeds (cowboy) 6-8pm Free	The Tumbleweeds (cowboy) 6-8pm Free		
CUTTEN INN 445-9217 3980 Walnut Drive, Eureka					[T] Dale Winget (acoustic) 6pm Free
EUREKA INN PALM LOUNGE 518 Seventh St. 497-6093	Throwback Thursday (DJs) 9pm Free		Technicolor Hearts (punk) 9pm Free		[M] Electric Gravy (synth-pop) 8pm Free [T] Anna Banana (bues comedy) 8pm Free [W] Comedy Open Mikey 9pm Free
EUREKA THEATER 612 F St., 845-8795		Dr. No (film) 7:30pm \$5			
GALLAGHER'S IRISH PUB 139 Second St., Eureka 442-1177	Seabury Gould and Evan Morden (Irish) 7pm Free	Papa Paul (folk) 7pm Free			
INK ANNEX 442-8413 47B w. Third St., Eureka					[T] Savageheads (punk) 7pm \$5
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600		Saturday's Radio (folk) 7pm Free	Soulful Sidekicks (folk) 7pm Free	Old Timey Music Jam 1pm Free	[W] Open Mic w/Mike Anderson 7pm Free
PEARL LOUNGE 444-2017 507 Second St., Eureka		Rudelson (DJ) 10pm Free	Itchie Fingaz (DJ) 10pm Free		
THE PLAYROOM 725-5438 11109 Main St, Fortuna					[T] Karaoke w/DJ Marv 9pm Free
PERSIMMONS GALLERY 923-2748 1055 Redway Drive, Redway	Persimmons Trio (jazz) 7pm Free	Latin Peppers (Latin) 7pm Free			
RED LION HOTEL R.J. GRIN'S LOUNGE 445-0844 1929 Fourth St., Eureka			Karaoke w/Chris Clay 9pm Free, 21+		

You're invited!

Celebrate the *North Coast Journal's* Best of Humboldt 2014 issue with cocktails, nibbles and a screening of

Best in Show (PG-13) at the

Eureka Theater on
Thursday, August 7

at **6 p.m.**

Tickets for the
movie are \$5.

Sorry, no actual dogs.



Fetch a copy of the
North Coast Journal's
August 7th Best of
Humboldt 2014 issue
to see who the alphas
of local restaurants,
shops, services and
more are. Woof.

thejournal
OF POLITICS, PEOPLE AND ART

eureka • fernbridge • ferndale • fortuna
garberville • loleta • redway

clubs, concerts
and cafés

Find live music
and more!



venue	thur 7/24	fri 7/25	sat 7/26	sun 7/27	m-t-w 7/28-30
SHAMUS T BONES 407-3550 191 Truesdale St., Eureka	Falling Rocks (country) 7pm Free				
THE SHANTY 444-2053 213 Third St., Eureka					[W] Songwriter Circle of Death VI 10pm Free
THE SIREN'S SONG TAVERN 325 Second St., Eureka 442-8778		The Haunt (EDM) 9pm Free	Savage Henry Open Mic (comedy) 9pm Free		[M] Ruby Pins and Silver Shadows (alt.) 9pm Free All Ages [W] Sarah Donner (indie) 9pm Free
THE SPEAKEASY 411 Opera Alley, Eureka 444-2244			Buddy Reed and the Rip It Ups (booty shakin' blues) 10pm Free		[T] The Opera Alley Cats (jazz) 7:30pm Free [W] No Covers and USGGO (jazz) 7:30pm Free
THE WORKS 442-8121 210 C St., Eureka				Elegant Humanoid and More (alt.) 8pm Free All Ages	

PHOTO
COURTESY OF
THE ARTIST



WHO: Ruby Pins
WHEN: Monday, July 28 at 8 p.m.
WHERE: The Siren's Song Tavern
TICKETS: Free

RESTAURANT 301 &
CARTER HOUSE INNS
301 L St, EUREKA
(707) 444-8062



HAPPY HOUR
4-6PM



*LIMIT TWO PER CUSTOMER

FROM OUR BAR MENU:

TRUFFLE FRIES · BLACK BEAN
QUESADILLA · 30I GRASSFED
SLIDERS · CARTER DOG
FRESH FISH TACOS · ARTISAN
CHEESE PLATE

WWW.CARTERHOUSE.COM



ROSE'S BILLIARDS
EUREKA CA

A Calm, Friendly, Fun Pool Hall
with 12 Professional Diamond Tables,
Weekly Tournaments & Specials

Enjoy Music, Large Screen TVs,
and a 20 Tap Beer Bar With
Happy Hour 3-6pm Weekdays

535 5th Street (5th and G St)
707-497-6295
SEE WEBSITE FOR TOURNAMENT INFO
rosesbilliards.com

ROSE'S IS AN ALL AGES
ESTABLISHMENT



**OBERON
GRILL**

HAPPY HOUR
4-6PM TUES.-SUN.
DAILY SPECIALS
LUNCH • DINNER

OLD TOWN EUREKA
516 2ND ST. ♦ 443-3663
WWW.OBERONGRILL.COM



Bayfront Restaurant

One F Street, Eureka, CA 443-7489
Open Daily 11-9:30pm | BayfrontRestaurant.net



**BEAR RIVER
CASINO ♦ HOTEL**

Every **MONDAY** through
THURSDAY until July 30
11AM to 6PM



**WIN A LOGOED
CAMO T-SHIRT!**

Hot Seat
Drawing

11 Bear Paws Way | Loleta, CA 95551 | 800.761.2327 | bearrivercasino.com



WHO: Sea of Bones
WHEN: Saturday, July 26 at 11 p.m.
WHERE: The Alibi
TICKETS: \$5

PHOTO
 COURTESY OF
 THE ARTIST

No! Sleep! 'Til Autumn!

Another show, another fest,
 another Circle of Death

By Jennifer Savage

thesetlist@northcoastjournal.com

Heya, Humboldt! I don't know what's caused the explosion, but here we are in the middle of summer and in addition to festival madness — how about that Folklife Fest?! — you've got a whole slew of shows coming at you.

First, the 30th annual **Reggae on the River** is coming up July 31 through Aug. 3 — get your irie on with **Jimmy Cliff**, **Alpha Blondy**, **Third World**, **Israel Vibration**, **Michael Rose**, **Sly & Robbie with The Taxi Gang** and **Mutabaruka**, plus more, more, more. See www.mateel.org for the full lineup and info.

Now, let's get to your rock, funk and bluegrass options.

Friday: Dig deep, dance hard, goth out

When's the last time you went to the Digger? Exactly. What a perfect opportunity to head out to the Clam Beach Inn — with your designated driver, natch — and witness Humboldt skate rockers **Imperial Destructo**, the punk-blues (emphasis on *punk*) stylings of Nebraska's **Saint Christopher** and the “scum folk” of Montana's **Whiskey Hooves**. I'm guessing the show's got a \$3 cover and a 9 p.m.-ish start time, and am positive it's 21-and-over.

Maybe loud, dirty punk rock is not your thing. Maybe you'd like to shake your booty, which is just another way to stick it to the man, amirite? (For a long time, I thought the

line was, “Free your mind and your ass will follow.”) The Jambalaya hosts a free dance throwdown with Humboldt Roller Derby DJ **King Maxwell** and Soul Night vet **Jay Morg** emphasizing 1970s breakbeats, degenerate disco stunners and bass-heavy boogie tunes. You may start looking for some hot love around 9:30 p.m.

What if you want more temperate than revolutionary punk, but more somber than disco madness? The Alibi's offering the **Shrouds & Shadows Tour 2014**, a sweet lineup of post-punk cover bands. To wit: **Dead Souls** (a tribute to Joy Division), plus **The Reptile House** (a tribute to The Sisters of Mercy), plus **Spellbound** (a tribute to Siouxsie and the Banshees). Cover is \$7, music starts around 11 p.m., 21-and-over.

Saturday: Remembering Tina, festive festivals, burlesque, dreamy pop and sludge

On a more serious note — although I sense the event will be as much celebration as memorial — a bunch of former/current denizens of the Humboldt County punk scene are hosting **Tina Bina Boob Ops Wake**, a gig/remembrance for Tina Fraser, who passed away from cancer earlier this year. Tina was the sister of Tyce Fraser, who sang in **Eggy Bagelface** and other bands in the '80s, and photographed and made flyers for several shows. In honor of her role in the music scene, the memorial begins with a flyer/art show at T's Café North (formerly Crosswinds) at 6 p.m. Then **The Buffy Swayze** and **Guns & Barrels** will play at Humboldt Brew from 8 to 10 p.m. The

entire event is open to the public, no cover, but donations will be accepted to cover expenses. At press time, organizers were hoping to make it all ages.

Meanwhile, more summer festival fun continues out Lost Coast way with **Roll on the Mattole**, the annual Honeydew Volunteer Fire Co. fundraiser. This year's lineup features **Absynth Quintet**, **Moonshine Mountain Band**, **Ishi Dube**, **DJ Marjo Lak**, **Asleep in a Creek**, **F-Holes on the Hill** and **Lost Coast Marimbas**, plus the firefighter's challenge, an oyster bar, Rex Bohn auctioneer excitement and so much more. The event runs from noon 'til midnight. Tickets are \$25 adults, \$20 students and seniors, children under 12 free with adult.

Back in the northerly region of Humboldt, **The Blue Lake Music Festival** kicks off at 11 a.m. in Perigot Park with **Woven Roots**, **Motherlode**, **Silver Hammer**, **Jimi-Jeff and the Gypsy Band**, **Crossbones**, **Mojo Brown**, **Doug Fir and the 2x4s**, **The Movers and the Shakers** and **Abstract**. Entry free is \$10 “if you can afford it.”

The Caravan of GLAM, Portland's queer cabaret troupe, brings a night full of debauchery, raffles and off-the-wall performances to the Jambalaya with DJs Pressure Anya providing the evening's soundtrack. The troupe consists of all genres of performers: drag, burlesque (male and female), S&M, acrobats, comedians, singers, gymnasts and sideshow performers. Doors open at 8 p.m., show starts at 10 p.m., tickets are \$10 general and \$20 VIP. Do I need to tell you it's 21-and-over?

Over in E-town, you can sway and smile to the dreamy psych pop of Austin's **Technicolor Hearts** at the Palm Lounge. Also performing, locals **The Fairy Rings** and a special solo performance by guitar slinger **Erin Cearley**. Free, 9 p.m., 21-and-over.

But wait, that's not all! See what I mean about this week? You'd think it was October. At the Alibi, Connecticut's **Sea of Bones** delivers heavy atmospheric sludge joined by trippy Golden Staters **Mystics in Bali**. Music starts around 11 p.m., cover's \$5, 21-and-over.

Sunday: Day of Rest

Go to the river or something.

Monday: Funday

The Siren's Song Tavern is the site once again of a fun, fun show, this time with **Ruby Pins**, all quiet vocals and louder sounds that wander the pop gamut, **Silver Shadows**, described as “Veruca Salt meets Lush,” and our very own **Monster Women**. All ages and free at 8 p.m.

Tuesday: Punk's not dead

Another all ages, sure-to-be-loud punk gig courtesy of Placebo. Do you like raucous? Go see **Savageheads** (no relation), **Shit Rag**, **THZ** and **SFB**, all for \$5 nonmembers, \$3 members. No drugs or alcohol, guys.

Wednesday: The circle game

Here we go with another **Songwriter Circle of Death**. Number VI takes place Wednesday, July 30 at the Shanty — fun! — and features **TheBoredAgain**, **Aimee Taylor**, **Dim Din** and **Courtney Luv**. If you're new to SCOD, it's just like it sounds, although not with literal death. Our esteemed local singer-songwriters of various genres get together, do their thing. In a circular fashion. Music starts at 10 p.m., cover is \$5, 21-and-over.

Put a big ol' X on your calendar

More next week on all these, but heads up that you've got a massive Thursday, July 31 night coming up with Washington folk punks **Ask Sophie** at the Alibi, Drag City Records stars **Dead Rider** at the Jambalaya and New Zealand's influential **David Kilgour and the Heavy Eights** at the Logger. Summertime!

Etc.

Full show listings in the *Journal's* Music and More grid, the Eight Days a Week calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoast-journal.com. ●



WHO: Technicolor Hearts
WHEN: Saturday, July 26 at 9 p.m.
WHERE: The Palm Lounge
TICKETS: Free

PHOTO
 COURTESY OF
 THE ARTIST

Fight fire with fire. Or blackberries! On **Sunday, July 27**, from **10 a.m. until 4 p.m.**, the **Westhaven Fire Hall** will host the **Blackberry Festival** to fund the volunteer fire department. Pick up pies, jams and jellies, eat barbecue and enjoy music from the Pilot Rock Ramblers, Monahan, Martin and Sleep and Funk Pilots.

Mobility issues? Go **Saturday, July 26**, from **11 a.m. until 2 p.m.** to place your order and get carry-out service.



You gotta hook 'em when they're young. On **Saturday, July 26**, at **11 a.m.** in Dell'Arte's **Rooney Amphitheater**, the Eureka Symphony presents **Peter and the Wolf** (free). This playful

composition, in which characters are "voiced" by instruments, has been tricking kids into loving classical music for decades! Pry your kids away from the iPad or Xbox and let them explore the instruments at the **Instrument Petting Zoo** at **10:30 a.m.** (free).

Look, we could stand here all day arguing about who played the best Bond, but it's Sean Connery. Prove it, you say? Well, check and mate because on **Friday, July 25**, at **7:30 p.m.**, the **Eureka Theater** presents a screening of the 1962 sexiness of **Dr. No** (\$5). It's not just that it's the first Bond film, or that Sean Connery was the first Bond, it's that those early, pre-disco Bond films are the perfect balance of sex, novelty and cheese. Also, no other Bond could pull off that bathing suit.



8 DAYS A WEEK

24 thursday

ART

Art for Teens. 4:30-6 p.m. Fortuna United Methodist Church, 922 N St. Drawing, painting, mixed-media, sculpting and more. Free.

MUSIC

Summer Concert Series. 6-8 p.m. C Street Market Square, Foot of C Street, Eureka. Dancing in the street. Funky Dozen plays disco, funk and soul. Free. www.eurekamainstreet.org. 442-9054.

THEATER

Elisabeth's Book. 8 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. An original drama tracing the history of a Holocaust artifact. Tickets for the July 23 preview are \$5 \$12, \$10 students and seniors, \$8 kids 12 and under. www.dellarte.com.

The Poor of New York. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. A melodrama set in post-financial collapse 1857. \$18. NCRT@humboldt1.com. www.ncrt.net. 442-6278.

FOOD

Henderson Center Farmers Market. 10 a.m.-1 p.m. Henderson near F Street, Eureka. Fresh local produce, straight from the farmer. Anna Hamilton plays this week. www.humfarm.org. 441-9999.

McKinleyville Farmers Market. 3:30-6:30 p.m. McKinleyville Safeway Shopping Plaza, Central Avenue. Fresh local vegetables, fruit and flowers straight from the farmer. Also fresh barbecued meats and live music. Bradley Dean plays this week.

OUTDOORS

Cocktail Cruise. 5:30 p.m. C Street Market Square, Foot of C Street, Eureka. Have a drink and enjoy a slow ride around the bay on the Madaket. \$10. 445-1910.

Narrated Bay Cruise. 1, 2:30 & 4 p.m. C Street Market Square, Foot of C Street, Eureka. Tour the bay with the captain of the Madaket as your guide. Learn about the history and wildlife of Humboldt Bay. \$18, \$16

seniors and kids under 17, \$10 kids under 12, free to kids under 4. 445-1910.

SPORTS

Humboldt B-52s Baseball. 6 p.m. Arcata Ball Park, Ninth and F streets. Playing the Grants Pass Nuggets. \$5. www.facebook.com/pages/Humboldt-B-52s-Baseball.

ETC

Cribbage Group. Every other Thursday, 6-8 p.m. New Wine Church, 1180 Evergreen Road, Redway. Please bring a board, if possible; refreshments will be served. Free. lizcarey333@icloud.com. 497-8281.

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. Join fellow knitters, crocheters, weavers, spinners and other fiber artists as they socialize and work on their current projects. 442-9276.

25 friday

COMEDY

David Gborie and Matt Gubser. 8 p.m. Arcata Theatre Lounge, 1036 G St. The two Bay Area comedians are joined by Johan Miranda, Christopher John and Andrew Holmgren. \$10. 822-1220.

DANCE

World Dance. 8 p.m. St. Alban's Episcopal Church, 1675 Chester Ave., Arcata. Teaching and performing world dance. \$3. g-b-deja@sbcglobal.net. www.stalbansarcata.org. 839-3665.

MOVIES

Dr. No. 7 p.m. Eureka Theater, 612 F St. The first Bond film, starring Sean Connery. Class it up in your best Bond-wear for martinis before the movie. \$5. www.theeurektheater.org.

THEATER

Elisabeth's Book. 8 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. See July 24 listing.

The Poor of New York. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See July 24 listing.

The Wedding Singer. 8 p.m. Ferndale Repertory Theater, 447 Main St. Based on the popular movie, the rom-com musical takes place in Ridgefield, New Jersey in 1985. info@ferndalerep.org. www.ferndalerep.org. 786-5483.

EVENTS

Gem Faire. 12-6 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. Fine jewelry, precious and semi-precious gemstones, millions of beads, crystals, gold and more. Free. info@gemfaire.com. www.gemfaire.com. 503-252-8300.

Redwood AutoXpo. 4-11:45 p.m. Fortuna, various locations. Classic cars on parade, craft boutiques, contests and more. Free. chamber@sunnyfortuna.com. www.redwoodautoxpo.com. 725-3916.

FOOD

Southern Humboldt Farmers Market. 11 a.m.-3 p.m. Garberville Town Square, Church Street. Fresh produce, meats, baked goods and more, plus live music and family activities. Free. www.facebook.com/Southernhumboldt-farmersmarket.

OUTDOORS

Cocktail Cruise. 5:30 p.m. C Street Market Square, Foot of C Street, Eureka. See July 24 listing.

Narrated Bay Cruise. 1, 2:30 & 4 p.m. C Street Market Square, Foot of C Street, Eureka. See July 24 listing.

SPORTS

Eight Ball Tournament Night. 7 p.m. Rose's Billiards, 535 Fifth St., Eureka. Come and compete for prizes in a BCA rules double-elimination tournament on 7-foot Diamond tables. \$5 plus \$3 green fee. guy@rosesbilliards.com. www.rosesbilliards.com. 497-6295.

Fast Break Fridays. 7-9 p.m. McKinleyville Recreation Department, 1656 Sutter Road. Open access to the basketball courts for teens 13-17. \$1. mckinleyvillecsd.com/parks-recreation.

Friday Fun Skating. 6-8:30 p.m. Eureka Municipal Auditorium, 1120 F St. Skate with your friends and family. \$4 youth, \$4.75 adults. 441-9181.

Humboldt Crabs Baseball. 7 p.m. Arcata Ball Park, Ninth and F streets. The Humboldt Crabs versus the Redding Colt .45s. \$8 adults, \$6 students and seniors, \$4 kids under 12.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. Have a blast and get some exercise at the same time. \$5.

26 saturday

ART

Art Market. Last Saturday of every month, 10 a.m.-1 p.m. Creamery District, 1251 Ninth St., Arcata. Grab a coffee and a snack and peruse art, crafts, furniture, clothing and more in the open air. CreameryInfo@Gmail.Com. www.creamerydistrict.org/art-market. 822-1575.

COMEDY

Savage Henry Comedy Open Mic. Last Saturday of every month, 9 p.m. The Siren's Song Tavern, 325 Second St., Eureka. You provide the funnies. Free. 442-TSST.

LECTURE

Mensa Public Forum. 12-1:30 p.m. Samoa Cookhouse, 908 Vance Ave. Stephen Sottong discusses how to become a writer. Free. www.samoacookhouse.net.

MOVIES

Back to the Future. 9-11 p.m. Los Bagels, Arcata, 1061 I St. Bring a comfy chair or favorite blanket, snack on some free popcorn and enjoy Movies Under the Mural. Where you're going, you don't need roads. Free. www.losbagels.com.

MUSIC

Blue Lake Music Festival. 11 a.m.-9 p.m. Perigot Park, 312 South Railroad Ave., Blue Lake. Enjoy food, beer, vendors and live music from The Miracle Show, Silver Hammer and more.

continued on next page ►

Humboldt Crabs Baseball 2014 Season

WEEKLY SCHEDULE

Wednesday, July 23
Pacific Union Capitalists,
5:30 PM & 8 PM

Friday, July 25
Redding Colt .45s, 7 PM

Saturday, July 26
Redding Colt .45s, 7 PM

Sunday, July 27
Redding Colt .45s, 12:30 PM

Tuesday, July 29
Santa Rosa
Rose Buds, 7 PM

 www.humboldtcrabs.com
Crabs Ballpark
9th & F Arcata

Central Avenue

SMOKESHOP

OPEN 11-6 EVERYDAY

NEW INVENTORY
ARRIVING DAILY

GOVERNMENT, ROOF, pH(x)
LOCAL ARTISTS & LOTS MORE

1181 CENTRAL AVE NEXT TO
6 RIVERS IN MCKINLEYVILLE

707 840-0490

facebook.com/
centralavesmokeshop

Calendar

8 DAYS A WEEK

continued from previous page

Peter and the Wolf. 11 a.m. Rooney Amphitheater, 131 H St., Blue Lake. The Eureka Symphony performs the popular piece. Kids can come at 10:30 a.m. to get up close and personal during the instrument "petting zoo." Free. www.dellarte.com.

Rockin' in the Redwoods. 2-5 p.m. Sequoia Park, 3414 W St., Eureka. Rock out to the sounds of Taxi at an outdoor concert. Free. 441-4248.

Roll on the Mattole 2014. 12-11:45 p.m. Mattole Grange, 36512 Mattole Road, Petrolia. A wildland firefighter challenge, vendor booths and music from Absynth Quintet, Moonshine Mountain Band, Ishi Dube, Lost Coast Marimbas and more. Benefits the Honeydew Volunteer Fire Co. No glass bottles or dogs, please. \$25 Adults/\$20 Students&Seniors/Under 12 free. www.honeydewfire.com.

THEATER

Elisabeth's Book. 8 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. See July 24 listing.

The Poor of New York. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See July 24 listing.

The Wedding Singer. 8 p.m. Ferndale Repertory Theater, 447 Main St. See July 25 listing.

EVENTS

Blackberry Festival. 10 a.m.-6 p.m. Westhaven Fire Hall, 446 Sixth Ave. This benefit for the Westhaven Volunteer Fire Department features fresh blackberry pies, jams, barbecued hamburgers and beverages. Free entry.

Crew Speeder Rides. 10 a.m.-4 p.m. Samoa Cookhouse, 908 Vance Ave. Rides with a view of historic Humboldt Bay begin and end at the foot of the Samoa Cookhouse driveway. Parking is available. \$8, \$7 seniors, \$4 children under 8. www.timberheritage.org. 443-2957.

Fort Ross Festival. 10 a.m.-6:30 p.m. Fort Ross State Historic Park, 19005 Coast Highway One, Jenner. Enjoy costumed historical vignettes, hands-on crafts, music and dance from numerous cultures, a beer garden and more. \$20. info@fortross.org. www.fortross.org/events.htm. 847-3437.

Gem Faire. 10 a.m.-6 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. See July 25 listing.

Redwood AutoXpo. 7 a.m.-7 p.m. Fortuna. See July 25 listing.

Wine Down. 7-11 p.m. Adorni Recreation Center, 1011 Waterfront Drive, Eureka. Enjoy local wine, food and music after an exciting day at Eureka Parks and Recreation "Get Out & Play Day." \$10. www.ci.eureka.ca.gov. 441-4248.

Zumba in the Park. 12-1:30 p.m. Sequoia Park, 3414 W St., Eureka. This day of Latin dance and fitness is part of Eureka Parks and Recreation's "Get Out & Play Day." Free. 441-4248.

FOR KIDS

Get Out and Play Day. 10 a.m.-5 p.m. Sequoia Park Zoo, 3414 W St., Eureka. A great day to visit the zoo,

sponsored by Eureka Parks and Recreation. \$6, free child admission with paid adult. www.sequoiaparkzoo.net.

Kicks and Tricks SK8 Fest. 10 a.m.-1 p.m. Cooper Gulch Park, Eighth and Myrtle streets, Eureka. Youths ages 5 to 17 compete for prizes at this family-friendly event. Enjoy professional skate demonstrations, live music and food. \$5. 441-4248.

Kids Day on the Madaket. 11 a.m.-4 p.m. Eureka Waterfront, Foot of Del Norte Street. The 75-minute tour is a part of Eureka Parks and Recreation's "Get Out & Play Day." Free. 442-4248.

LEGO for Readers. 2:30-3:30 p.m. Trinidad Library, 380

Vroom! Vroom!



You've likely noticed the influx of super shiny, classic cars on the highway lately. They just ooze nostalgia, and it's nearly impossible to take your eyes off of them. If you're driving, this can be a dangerous distraction. Luckily for you, most of these vintage American cars are headed to the same place: the **Fortuna Redwood AutoXpo**. On **Friday, Saturday and Sunday, July 25 to 27**, Fortuna's **Main Street** and **Rohner Park** become a mecca for lovers of chrome, detail and the sound of revving engines.

It all starts with **cruising on Friday, from 6 to 7:30 p.m.** Think of it as a parade without horses. Find a seat somewhere along **Main Street** or Fortuna Boulevard and soak up the view of the classic cars. Keep the theme going at the **Sock Hop** at the **River Lodge** from **8 p.m. to midnight (\$5)**.

There's more to the AutoXpo than the cars, though. Check out the **Artisans Fair** at **Rohner Park** on **Saturday from 9 a.m. until 5:30 p.m.** and on **Sunday from 9 a.m. until 3:30 p.m.** If you're looking for something more vintage, you'll enjoy the **antique show** at the **Veteran's Hall** on **Saturday from 9 a.m. until 5 p.m.** Need a new fender for that '57 Chevy? Haggle at the **swap meet** at **Rohner Park** on **Saturday from 7 a.m. until 5 p.m.** and **Sunday from 7 a.m. until 4 p.m.**

Judges score the cars on **Main Street** on **Saturday from 9 a.m. until 4 p.m.**, and announce the winners on **Sunday at Fortuna High School** at **10 a.m.** Should be pretty classic.

—Dev Richards

Household Hazardous Waste

Just \$5 per vehicle*

Collection Events

McKinleyville:

Saturday, July 26 • 9 am-2 pm
at Pierson Park

Household Materials Accepted:

- Paint, wet only
(put dried paint cans in the trash with lid off)
- Used Oil, Filters & Contaminated Oil
- Auto & Garden Products • Pharmaceuticals
- Medical Needles (in biohazard container)
- Household Cleaners • Mercury Bearing Wastes
- Aerosols (w/ contents) • Batteries
- Fluorescent Bulbs (10+, \$.20/ft.)
- Products Labeled:
Caution, Warning, Toxic, Flammable

Items Not Accepted:

- E-waste, appliances, explosives or ammunition

Businesses:

- Call for appointment: 707-441-2005
(Businesses include landlords, religious organizations, schools, non-profits, etc.)

*Disposal Limit: Up to 15 gallons (by container size) or 125 pound limit. Additional fees apply for excess disposal amounts and for City of Fortuna residents: \$5/gallon (by container size) or \$5/pound



hwma

Humboldt Waste Management Authority

Permanent Household Hazardous Waste Facility

1059 West Hawthorne in Eureka

Open to Residents 9 am-2 pm, the first Saturday of every month or by appointment on weekdays.

Call 707-441-2005

www.hwma.net

Janis Court. The author Megan Rothrockwill signs her books and talks with young readers about the power of creativity. Free.

Story Time. Every other Saturday, 11 a.m. Rio Dell Library, 715 Wildwood Ave. Join us for stories, songs, and games for early readers and parents. Free. riohumml@co.humboldt.ca.us. 764-3333.

FOOD

Arcata Farmers Market. 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Locavores' delight: fresh vegetables and fruit from local producers, food vendors, plant starts and flowers every week. The Latin Peppers play this week. Free. humfarm.org. 441-9999.

Dream Quest Farmer's Market. 9 a.m.-2 p.m. Post Office, 100 Country Club Drive, Willow Creek. Produce from local farms and the Dream Quest garden. Operated by Dream Quest teens. Free. 530-629-3564.

Grange Breakfast. Fourth Saturday of every month, 7:30-11 a.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. The menu includes eggs, sausage (links or patties) or ham, biscuits and gravy, as well as coffee. \$5 suggested donation. www.facebook.com/humboldt.grange.

Humboldt Hill Grange Breakfast. Fourth Saturday of every month, 8 a.m.-11 p.m. Home-style breakfast. \$5, \$3 Child. 442-4890.

OUTDOORS

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 600 S. G St. Meet a trained guide for a 90-minute walk focusing on the ecology of the marsh. Led by Sharon Levy. Free. 826-2359.

Audubon Society Arcata Marsh Tour. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary. Bring your binoculars and have a great morning birding. Meet the trip leader in the parking lot at the end of South I Street (Klopp Lake) in Arcata, rain or shine. The tour guide this week is Rob Fowler. Free. rras.org/calendar.

Cocktail Cruise. 5:30 p.m. C Street Market Square, Foot of C Street, Eureka. See July 24 listing.

Exotic Thistle Removal. 10 a.m.-2 p.m. Headwaters Forest Reserve, End of Elk River Road, six miles off U.S. Highway 101, Eureka. Gloves and tools are provided. Bring a lunch. Free. www.blm.gov/ca/st/en/fo/arcata/headwaters.html. 825-2300.

Headwaters Environmental Activism. 3-4 p.m. Headwaters Forest Reserve, End of Elk River Road, six miles off U.S. Highway 101, Eureka. Daryl Cherney, singer-songwriter and activist, talks about the history of activism that led to the creation of the Headwaters Forest Reserve. Free. jdclark@blm.gov. 825-2300.

Interpretive Walk. 12, 2 & 4 p.m. Hikshari Trail, Truesdale Street (west end), Eureka. Experience the beauty found alongside the Hikshari Trail. All ages. Free. 441-4248.

Kayak Demonstrations. 10 a.m.-4 p.m. Eureka Waterfront, Foot of Del Norte Street. Enjoy a leisurely kayak experience on the bay. This is for folks 6 and older. \$10. 441-4248.

Manila Dunes Restoration. 9:30 a.m.-12:30 p.m. Manila Community Center, 1611 Peninsula Drive. Help remove invasive plants. Bring drinking water and wear closed-toed shoes. Gloves, tools, and cookies are provided. Free. info@friendsofthedunes.org. 444-1397.

Narrated Bay Cruise. 1, 2:30 & 4 p.m. C Street Market Square, Foot of C Street, Eureka. See July 24 listing.

SPORTS

Humboldt Crabs Baseball. 7 p.m. Arcata Ball Park, Ninth and F streets. See July 25 listing.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. See July 25 listing.

ETC

Women's Peace Vigil. Fourth Saturday of every month,

12-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

27sunday

MOVIES

Beethoven. 6 p.m. Arcata Theatre Lounge, 1036 G St. The 1992 family comedy about a St. Bernard and the ensuing havoc that comes from having more dog than you can handle. \$5. www.arcatatheatre.com.

MUSIC

Bayside Grange Music Project. 5-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. From 5-7 p.m. anyone playing any instrument with any ability is invited; 7-9 p.m. people with wind instruments for Bandemonium. Donations. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 707-442-0156.

Concert for Four Hands and Four Feet. 4-5 p.m. Christ Episcopal Church, 15th and H streets, Eureka. Douglas Moorehead and Merry Phillips perform keyboard duets performed on the organ, piano and harpsichord. Free. 442-1797.

Ugandan Kids Choir. 6:30-7:30 p.m. Arcata Presbyterian Church, 670 11th St. Hear traditional African songs played on authentic instruments. Donations accepted. arcatapres@att.net. 822-1321.

THEATER

Elisabeth's Book. 8 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. See July 24 listing.

The Poor of New York. 2 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See July 24 listing.

The Wedding Singer. 2 p.m. Ferndale Repertory Theater, 447 Main St. See July 25 listing.

EVENTS

Blackberry Festival. 10 a.m.-6 p.m. Westhaven Fire Hall, 446 Sixth Ave. See July 26 listing.

Gem Faire. 10 a.m.-5 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. See July 25 listing.

Redwood AutoXpo. 7 a.m.-4 p.m. City of Fortuna, Various City Locations. See July 25 listing.

Trinidad Artisan's Market. 11 a.m.-3 p.m. Town of Trinidad, Trinidad. Local art and crafts, live music and barbecue right next to Murphy's Market. This week features music from Jesse Manzanita. Free. 834-8720.

FOOD

Breakfast in Bayside. Noon. Bayside Grange Hall, 2297 Jacoby Creek Road. Gourmet breakfast and music by Humboldt Ukulele Group. \$8 General; \$5 Kids and Seniors. www.baysidegrange.org.

Food Not Bombs. 4 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free. 503-828-7421.

Potluck Dinner. 6 p.m. The Logger Bar, 510 Railroad Ave., Blue Lake. Bring a dish to share with friends old and new. Free. www.facebook.com/LoggerBar.

OUTDOORS

All About Frogs and Pond Life. 1-4 p.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Pond life investigation through dip-netting, arts and crafts. Free. denise_seeger@fws.gov. www.fws.gov/refuge/humboldt_bay. 733-5406.

Discovering Arcata Bay Cruise. 11 a.m.-12:30 p.m. C Street Market Square, Foot of C Street, Eureka. Join us as the Madaket sets out for Arcata Bay and enjoy close encounters with the many creatures that call these

continued on next page ►

SPA HAPPY HOURS!

Book a Massage, Facial or AromaTouch Technique on Monday, Tuesday, or Wednesday between 3pm to close and **RECEIVE 15% OFF YOUR SERVICES!** Mention "Happy Hour" to receive discount. Cannot be in combination with any other specials.

essential
elements

spa • sauna • studio



"Best New Small Business in McKinleyville!"
- McKinleyville Chamber of Commerce

1639 Central Avenue, McKinleyville
(707) 839-7772
www.essentialelementsspa.com



PLAZA
BE INSPIRED

WWW.PLAZAARCATA.COM
707.822.2250
808 G STREET ARCATA, CA

MON-SAT 10am-6pm | SUNDAY 11am-4pm

It's party season—spice it up with these artisan mustards at Plaza.

You're invited!

Celebrate the *North Coast Journal's* Best of Humboldt 2014 issue with cocktails, nibbles and a screening of Best in Show (PG-13) at the **Eureka Theater on Thursday, August 7 at 6 p.m.** Tickets for the movie are \$5.

Sorry, no actual dogs.

Fetch a copy of the *North Coast Journal's* August 7th Best of Humboldt 2014 issue to see who the alphas of local restaurants, shops, services and more are. Woof.



Summer Intensive
Intermediate/Advanced Students
Ballet • Variations • Pointe • Jazz
Modern • Pilates • Nutrition • Acting

Dates: July 28 - August 8

FACULTY: Nancy Call, Elizabeth Poston, Iris VanAtta & Gina Grebe
GUEST TEACHERS: Stephanie Kim, Jessi Trauth & Jill Krenak

OPEN Adult Ballet & Jazz Classes
everyday 6-7:30pm

north coast
dance

442-7779 426 F St. Eureka
northcoastdance.org



uncharted waters home. Reservations required. \$20, \$18 seniors and juniors, \$12 for children 4 and older, free for children under 4. 445-1910.

Dynamic Landscape Walk. 2-4 p.m. Ma-le'l Dunes Parking Area, Young Lane, Manila. The walk focuses on the dynamic landscapes of the dunes, how they are formed and how they change. Free. info@friendsofthedunes.org. 444-1397.

Family Fun Day Paddles. 11 a.m.-4 p.m. Humboldt Bay Aquatic Center, 921 Waterfront Drive, Eureka. Bring all of your friends and family for a paddle along the Eureka Waterfront and explore the marine environment of Humboldt Bay. No experience required and all paddling equipment will be provided. \$20 adults. Free for children. hbac@humboldt.edu. www.humboldt.edu/hbac. 443-4222.

What's Buzzin' in the Dunes? 1 p.m. Lake Earl Wildlife Area, 2591 Old Mill Road, Crescent City. Redwood Parks Association and Tolowa Dunes Stewards invite you to join Laura Julian to learn what makes a bee a bee and more. Free. 465-6191.

SPORTS

Humboldt B-52s Baseball. 5:30 p.m. Arcata Ball Park, Ninth and F streets. Playing a double-header with the Danville Bulls. \$5. www.facebook.com/pages/Humboldt-B-52s-Baseball.

Humboldt Crabs Baseball. 12:30 p.m. Arcata Ball Park, Ninth and F streets. See July 25 listing.

ETC

Redwood Coast Scrabble Club. 1-5 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Tiles, letters and triple-word scores, oh my! 677-9242.

28monday

DANCE

Friendship Circle Dance. 7-10 p.m. Moose Lodge, 4328 Campton Road, Eureka. Dancing for people in their 50s and older with live music featuring tunes from the 1930s, '40s and '50s. Refreshments are served during break. \$4. 725-5323.

MEETINGS

The Bumpers. 10 a.m. Azalea Hall, 1620 Pickett Road, McKinleyville. The low-vision support group will discuss personal changes. www.mckinleyvillecsd.com/azalea-hall. 839-0588.

Volunteer Orientation. 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. panderson@foodforpeople.org.

ETC

Cribbage Lessons. 5:30-7 p.m. Moose Lodge, 4328 Campton Road, Eureka. Brush up on your cribbage skills or learn how to play. Free.

29tuesday

ART

(Re)Debris. 7 p.m. SCRAP Humboldt, 101 H St. Suite D, Arcata. Join forces with the North Coast Environmental Center and SCRAP Humboldt to design and build a marine debris educational sculpture. Free. www.scraphumboldt.org.

MOVIES

Red River. 6:30-9 p.m. Eureka Main Library, 1313 Third St. The Humboldt County Library's "Based on the Book" film series continues. Hosted by Philip Wright. Free. mlogan@co.humboldt.ca.us. 269-1962.

FOOD

Arcata Farmers Market. 3:30-6:30 p.m. Wildberries Marketplace, 747 13th St., Arcata. Fresh produce and live music in the afternoon. With live music from UFO8. Free. www.humfarm.org. 441-9999.

Eureka Farmers Market. 10 a.m.-1 p.m. Old Town Gazebos, Second and F streets, Eureka. Fresh, local produce direct from the farmer. Free. 441-9999.

Fortuna Farmers Market. 3-6 p.m. Main Street. Locally grown fruits, veggies and garden plants, plus arts and crafts. Free.

Miranda Farmers Market. 2-5 p.m. Miranda Gardens Resort, 6766 Avenue of the Giants. Pick up produce, baked goods and more right across from the Miranda Gardens Resort. Free. www.facebook.com/Southern-humboldtfarmersmarket.

Shelter Cove Farmers Market. 2-5 p.m. Downtown Shelter Cove, Machi Road. Fresh fruits, vegetables, ornamental trees and plants, all with an ocean view. Free. www.facebook.com/Southernhumboldtfarmersmarket.

OUTDOORS

Slower-Speed Arcata Marsh Tour. Last Tuesday of every month, 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 600 S. G St. A tour for attendees with mobility issues and those who are unable to keep up on regular walks. Meet at the I street parking lot of the Arcata Marsh. Free. 822-3475.

SPORTS

Humboldt Crabs Baseball. 7 p.m. Arcata Ball Park, Ninth and F streets. The Humboldt Crabs versus the Santa Rosa Rose Buds. \$8 adults, \$6 students and seniors, \$4 kids under 12.

ETC

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Play some cards. 444-3161.

30wednesday

COMEDY

Comedy Open Mikey. 9 p.m. Palm Lounge, Eureka Inn, 518 Seventh St. Hosted by Nando Molina with beats by Gabe Pressure. Free. 497-6093.

MOVIES

The Beast of Yucca Flats. 6 p.m. Arcata Theatre Lounge, 1036 G St. Sci Fi Pint & Pizza Night with the 1962 thriller about a scientist who is transformed by exposure to radiation. No, not the Hulk. Free with \$5 food or beverage purchase. www.arcatatheatre.com.

FOR KIDS

Playgroup. 10 a.m. Discovery Museum, 501 Third St., Eureka. Playtime in the museum that provides children and families with great resources. Free. info@discovery-museum.org. www.discovery-museum.org. 443-9694.

Story Time. 1 p.m. McKinleyville Library, 1606 Pickett Road. Liz Cappiello reads stories to children and their parents. Free.

OUTDOORS

Cocktail Cruise. 5:30 p.m. C Street Market Square, Foot of C Street, Eureka. See July 24 listing.

Narrated Bay Cruise. 1, 2:30 & 4 p.m. C Street Market

Square, Foot of C Street, Eureka. See July 24 listing.

SPORTS

Humboldt Crabs Baseball. 7 p.m. Arcata Ball Park, Ninth and F streets. See July 29 listing.

31thursday

ART

Art for Teens. 4:30-6 p.m. Fortuna United Methodist Church, 922 N St. See July 24 listing.

MUSIC

Reggae on the River. 4 p.m. French's Camp, SoHum, Piercy. One of the longest running reggae music festivals in the world, featuring multiple live bands, food, vendors and more. \$190-\$250. office@mateel.org. www.reggaeontheriver.com. 923-3368.

Summer Concert Series. 6-8 p.m. C Street Market Square, Foot of C Street, Eureka. See July 24 listing.

SPOKEN WORD

An Evening of Story and Song. 7:30 p.m. Dell'Arte's Big Top Tent, 131 H St., Blue Lake. Jeff DeMark and friends blend tales and music in a boisterous variety show. \$10. www.dellarte.com.

THEATER

The Poor of New York. 8 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See July 24 listing.

FOOD

Henderson Center Farmers Market. 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. See July 24 listing.

McKinleyville Farmers Market. 3:30-6:30 p.m. McKinleyville Safeway Shopping Plaza, Central Avenue. See July 24 listing.

OUTDOORS

Cocktail Cruise. 5:30 p.m. C Street Market Square, Foot of C Street, Eureka. See July 24 listing.

Narrated Bay Cruise. 1, 2:30 & 4 p.m. C Street Market

Square, Foot of C Street, Eureka. See July 24 listing.

ETC

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. See July 24 listing.

Heads Up...

The Humboldt Makers Street Fair is looking for volunteers and vendors for the fair in August. 497-6237.

The Eureka Symphony is seeking volunteers for a variety of positions and activities in the 2014-15 season. 442-4643.

Arcata Marsh Interpretive Center is seeking artists and photographers for exhibits in September and beyond. 442-5444.

The Jefferson Community Center is offering free lunches to anyone under 18 throughout the summer. Lunch is served Monday through Friday from 12 p.m. to 1 p.m. 497-6280.

Food for People presents its free summer lunch program for children. Call for a list of sites all over the county. 445-3166.

The Fig Twig Market in Ferndale is looking for vendors with handcrafted, vintage and up-cycled items for the market in November. figtwigmarket@gmail.com.

SCRAP Humboldt is looking for competitors for the Rebel Craft Rumble. 633-8349.

Rock Beats Fire



It's easy to forget just how far the county line extends. Once you make it out to the Mattole Valley, though, you're immediately happy to claim it as part of Humboldt's beautiful landscape. Protecting it, particularly during dry seasons like this one, requires a top-notch fire service. The 25th annual **Roll on the Mattole** is all about keeping the Honeydew Fire Company shipshape (\$25, \$20).

On **Saturday, July 26**, from **noon until midnight**, the **Mattole Grange** will be vibrating from the beats of a slew of eclectic bands, including the Absynth Quintet, MoonshineMountain Band, DJ Marjo Lak, the F-Holes on the Hill and others.

The musical showcase could stand alone, but it doesn't need to. The grange will be full of local vendor booths, food and drink, kids' games and more. The highlight of the day, though, is the **Wildland Firefighters' Challenge**. Watch as members of the Honeydew Fire Department compete to see who will reign supreme in games of physical strength, agility and good old fun.

Bring the whole family and make a day of it, but leave your dog at home. You can always bring Fido some barbecue.

— Dev Richards



SERIOUSLY, YOU'RE NAKED IN, LIKE, EVERY MOVIE.

Rewind

Tape's breezy fun, *Begin Again* sings

By Trevor Reece

filmland@northcoastjournal.com

Reviews

SEX TAPE. It feels like most romantic comedies have the same pacing as big summer blockbusters. The stakes are impossibly high, each moment is incredibly important, all building toward a thrilling declaration of love in some giant set piece. A Katherine Heigl movie is just as exhausting as *Transformers*.

Which is why the relaxed pace of *Sex Tape* is so refreshing. Starring Cameron Diaz and Jason Segel (who also co-wrote the script), the film breezes by. Just over 90 minutes, the plot is simple, leaving room for fun, fleshed-out characters and ridiculous situations for them.

Annie (Diaz) is a stay-at-home mom/blogger and Jay (Segel) is a radio station programmer and technophile, regularly getting new iPads and giving the old ones to friends and family. Annie and Jay love each other, but between work and two kids, they haven't made love in some time. This leads to the titular home movie, which, through the gift/curse of "the cloud," is sent out to all the iPads Jay has given out. Panic and a Thursday night mission to delete the video follow.

The breezy feel of the story, however, comes at the expense of memorable moments. Save for a few quick bits, nothing particularly shines among the jokes and plot, surprising given the track record of the cast. Jason Segel is the standout though. Like in his recently wrapped show, *How I Met Your Mother*, Jason Segel shows why he might be the best actor for characters in

long-term relationships. While maybe a little more vulgar with their conversation than you and your spouse, Segel and Diaz sound like a married couple. Their scenes are tinged with the playful venom of long-term love, without the life and death urgency seen in romantic comedies about relationships just beginning. Even if the movie didn't start with a montage of Diaz and Segel first meeting in college and having sex in every possible place on a college campus (don't worry, it does), you can still believe they've been together for a long time. But while you believe the chemistry, the characters and their relationships don't really evolve so much as revert back to better times. It's the difference between rediscovering yourself and repeating yourself.

While not as laugh-out-loud funny as their previous movies, and with a surprising number of butt shots, the movie keeps you engaged and chuckling along. Diaz and Segel are joined by a great supporting cast, which includes surprise visits from Jack Black and Rob Lowe, whose character has commissioned at least four paintings of himself inserted into iconic moments from Disney cartoons.

Sex Tape is a fun date night flick, but probably best as a cautionary tale about using technology to fix your relationship. R. 95m.

BEGIN AGAIN. When *Begin Again* first premiered at film festivals last year, it was going by the name *Can a Song Save Your Life?* Really, both titles work for the movie, but at different points. Starring Keira Knightley, Mark Ruffalo, James Corden, Hailee Steinfeld and Adam Levine, the film is basically split into

two parts. Unfortunately, the division makes it uneven, keeping this very good movie from becoming something magical.

The first half could go by the original title. Focused on the chance encounter between washed-up music producer Dan (Ruffalo) and recently single, talented Greta (Knightley) at a New York City open mic, the film presents the meeting from both characters' perspectives, as well as the immediate context that brings them to this moment. This is the heart of the story, with one song slowly unfolding throughout. The second part could be titled *Begin Again*, as Greta and Dan set out to make an album together and ultimately work through their recent misery. It is during this part of the story that the film really comes alive as the two characters travel New York City, performing at various beautiful outdoor locations.

Just like his previous film, *Once*, director John Carney creates a real-life musical and a fine platonic romance, this time between Knightley and Ruffalo. If you are a fan, or are even aware of *Once*, you might find that Carney's previous film casts a long shadow that *Begin Again* can't escape. While the cast is strong overall, Adam Levine, in his acting debut, is clearly the weak link. He is more or less playing himself, had he been the lead singer of Mumford & Sons instead of Maroon 5.

The best surprise of the film is Keira Knightley's singing voice, which makes the actress believable as a singer-songwriter in the film or possibly in a previous life. Particularly in one flashback scene, Knightley throws pain and heartbreak into some great songs. And though Ruffalo doesn't sing, some of his dialogue is downright lyrical, especially when he discusses the power of music. By simply applying music to any situation, his character says, you can turn the banalities of life into beautiful little moments.

The film is anything but banal, but the application of music does offer a series of beautiful little moments. PG13. 130m.

— Trevor Reece

continued on next page ►

MOVIES

July 25 - JULY 30

Fri July 25 - Stand Up!
Comedy All-Stars, Doors @ 8 PM, Show @ 9 PM, \$10 advanced @ www.arcatatheatre.com, \$10 @ door

Sat July 26 - Closed for private event

Sun July 27 - Beethoven (1992), Doors @ 5:30 PM, Movie @ 6 PM, Film is \$5, Rated PG

Wed July 30 - Sci Fi Night Feature.
The Beast of Yucca Flats (1961), Doors @ 6 p.m. All ages, Free w/food & Bev Purchase.

Arcata Theatre Lounge

arcatatheatre.com • 822-1220 • 1036 G St.

Movie Times

Film times reflect the most current listings as of Tuesday afternoon. As schedules at individual theaters sometimes change, we recommend calling ahead to avoid any inconvenience.

Broadway Cinema

1223 Broadway St., Eureka, (707) 443-3456

22 Jump Street	Fri-Thur: 6:20, 9:15
America: Imagine the World Without Her	Fri-Thur: (12:50, 3:30), 6:10, 8:50
And So It Goes	Fri-Thur: (12:55, 3:25), 5:55, 8:25
Dawn of the Planet of the Apes	Fri-Thur: (12), 6, 9
Dawn of the Planet of the Apes 3D	Fri-Thur: (3)
Earth to Echo	Fri-Wed: (11:55a.m.), 5:50; Thu: (11:55a.m.)
Hercules	Fri-Thur: (4), 9:10
Hercules 3D	Fri-Thur: (1:25), 6:35
How to Train Your Dragon 2	Fri-Thur: (1:10, 3:50)
Lucy	Fri-Thur: (12:30, 2:30, 4:50), 7:15, 9:40
Maleficent	Fri-Thur: (12:05, 2:35), 5:05, 7:30
Planes: Fire & Rescue	Fri-Thur: (11:50a.m., 2, 4:15), 6:30, 8:45
The Purge: Anarchy	Fri-Thur: (1:35, 4:10), 6:50, 9:30
Sex Tape	Fri-Thur: (2:05, 4:30), 7, 9:25
Tammy	Fri-Thur: (1:20, 3:45), 6:15, 8:40
Transformers: Age of Extinction	Fri-Wed: 8:05
Transformers: Age of Extinction 3D	Fri-Thur: (2:15)

Mill Creek Cinema

1575 Betty Court, McKinleyville, (707) 839-2222

And So It Goes	Fri-Thur: (12:55, 3:25), 5:50, 8:20
Dawn of the Planet of the Apes	Fri-Thur: (12, 3), 6, 9
Hercules	Fri-Thur: (1:05, 3:40), 6:15
Hercules 3D	Fri-Thur: 8:50
Lucy	Fri-Thur: (11:55a.m., 1:55, 4:20), 6:45, 9:10
Planes: Fire & Rescue	Fri-Thur: (11:50a.m., 2, 4:15), 6:30, 8:40
The Purge: Anarchy	Fri-Thur: (1:30, 4:05), 6:40, 9:20
Sex Tape	Fri-Thur: (2:10, 4:35), 7:05, 9:30
Tammy	Fri-Wed: (2:15, 4:40), 6:05, 8:30; Thu: (2:15, 4:40)

Minor Theatre

1001 H St., Arcata, (707) 822-3456

Begin Again	Fri-Sun: (1:50, 4:20), 6:50, 9:20; Mon-Thur: (4:20), 6:50, 9:20
Chef	Fri-Sun: (1:10, 3:50), 6:30, 9:10; Mon-Thur: (3:50), 6:30, 9:10
Dawn of the Planet of the Apes	Fri-Sun: (12:25, 3:15), 6:05, 9; Mon-Thur: (3:15), 6:05, 9

Fortuna Theatre

1241 Main St., (707) 725-2121

Dawn of the Planet of the Apes	Fri-Sat: (12:10, 3:30), 6:40, 9:35; Sun-Thur: (12:10, 3:30), 6:40
Earth to Echo	Fri-Thur: (12, 2:25)
Hercules	Fri-Sat: (12:10, 2:20, 4:40), 6:55, 9:25; Sun-Thur: (12:10, 2:20, 4:40), 6:55
Lucy	Fri-Sat: (12, 2:15, 4:55), 6:20, 7:20, 8:40, 9:40; Sun-Thur: (12, 2:15, 4:55), 6:20, 7:20
Planes: Fire & Rescue	Fri-Sat: (12:05, 2:10, 4:10), 6:30, 8:40; Sun-Thur: (12:05, 2:10, 4:10), 6:30
The Purge: Anarchy	Fri-Sat: (12, 2:30, 5), 7:20, 9:50; Sun-Thur: (12, 2:30, 5), 7:20

Garberville Theatre

766 Redwood Drive, (707) 923-3580

Call theater for schedule.

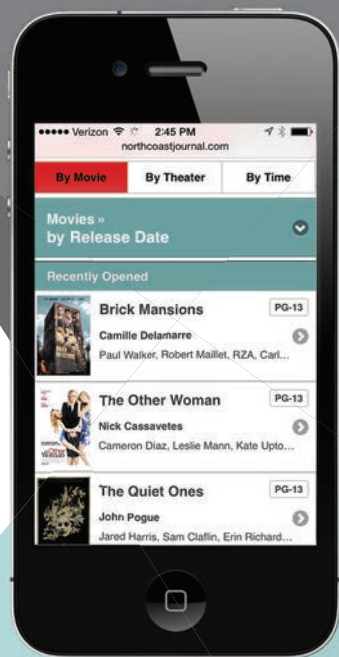
MOVIE TIMES. TRAILERS. REVIEWS.

DESKTOP:

northcoastjournal.com/
MovieTimes

MOBILE:

m.northcoastjournal.com



Browse by title,
times and theater.

thejournal
OF POLITICS, PEOPLE AND ART

FILMLAND

continued from previous page

Previews

AND SO IT GOES. Seasoned pros on an easy job. Rob Reiner directs Diane Keaton as Interesting Older Woman and Michael Douglas as Difficult Older Man in a romantic comedy. Will Precocious Child bring them together? R. 95m.

HERCULES. Dwayne Johnson picks up the leather skirt for his turn as the do-gooder demi-god. Add the lion's head hoodie and he resembles a bodybuilder at Burning Man. With John Hurt and Ian McShane. PG13. 99m.

LUCY. Director Luc Besson loves a woman warrior. Scarlett Johansson cocks her head, waves her hand and dispatches her enemies a la Matrix as a guinea pig for a drug that allows her to access the other 90 percent of her brain. R. 90m.

Continuing

22 JUMP STREET. It ain't broke, and they ain't fixing it. Jonah Hill and Channing Tatum return as undercover cops busting a college drug ring in this funny and self-aware comedy. R. 112m.

AMERICA. The trailer for director Dinesh D'Souza's slow-mo history class project asks what the world would be like without America. If he's referring to this film, probably fine. PG13. 103m.

CHEF. Jon Favreau stars in this well done food-truck road movie that cuts through professional kitchen bravado to real humanity and warmth. With Robert Downey Jr. and John Leguizamo. Bring napkins. R. 115m.

DAWN OF THE PLANET OF THE APES. Stunning visual effects, intense battles and a story with an emotional authenticity generally unseen in summer blockbusters. PG13. 130m.

EARTH TO ECHO. A group of youngsters find a friendly alien and help him phone, ahem, sorry, get home. PG. 89m.

HOW TO TRAIN YOUR DRAGON 2. Transportive animation and talented voice acting create a world worth revisiting and a story with humor and real drama. PG. 102m.

MALEFICENT. An atmospheric, good-looking fantasy with a sharpened Angelina Jolie as the fairytale party crasher from *Sleeping Beauty*. Heavy on CGI, light on character and not quite scary enough. PG. 98m.

PLANES: FIRE AND RESCUE. Sequel to the animated *Cars* spin-off, with voice work by Dane Cook and Julie Bowen. PG. 84m.

THE PURGE: ANARCHY. Horror sequel about citizens gone wild in a violent American dystopia. PG13. 130m.

TAMMY. Melissa McCarthy plays a woman on a wild and wooly rock-bottom road trip with her hard-drinking grandmother, played by Susan Sarandon. R. 102m.

TRANSFORMERS: AGE OF EXTINCTION. Even game actors and fun cameos can't save the planet from the thin plot and epic running time of the latest Michael Bay disaster. He might have tried more dinosaurs. PG13. 165m.

—Jennifer Fumiko Cahill ●

workshops & CLASSES

List your class – just \$4 per line per issue!
Deadline: Friday, 5pm.

Place your online ad at
classified.northcoastjournal.com
or e-mail: **classified@northcoastjournal.com**

Listings must be paid in advance
by check, cash or Visa/MasterCard.
Many classes require pre-registration.

Arts & Crafts

CERAMICS FOR OLDER KIDS, AGES 7-12. Bob Raymond will take your kids on an adventure with Clay. They will create various hand building projects and learn wheel throwing techniques on the potter's wheel. 5-week classes. Mon: July 28-Aug. 25; Tues: July 29-Aug. 26. Class time 3-5 p.m. \$80 each. 520 South G St. Arcata, (707) 826-1445, www.fireartsarcata.com (AC-0724)

CERAMICS FOR YOUNGER KIDS, AGES 7-12. With Amanda Steinebach. Children will have a great time creating with clay. Sat's., 9:30 a.m.-11 a.m. July 26-Aug. 23 Fee: \$75 per class. Fire Arts Center. 520 South G St. Arcata, www.fireartsarcata.com, (707) 826-1445. (AC-0724)

POTTERY CLASS FOR BEGINNERS AND INTERMEDIATES. Peggy Loudon. Thurs., June 26-Aug. 28, 5:30-7:30 p.m. Complete introduction to basic wheel-throwing techniques. Perfect for beginning and returning students. \$185. 520 South G St. (707) 826-1445, www.fireartsarcata.com. (AC-0724)

POTTERY CLASS FOR BEGINNERS AND INTERMEDIATES. With a focus on Utilitarian Form and Decoration. Weds., June 25-Aug. 27, 7-9 p.m. Complete introduction to basic wheel-throwing techniques. For intermediate students Bob Raymond will assist in mastering utilitarian forms and demonstrating a variety of decorative styles and techniques. \$185. 520 South G St. Arcata, (707) 826-1445, www.fireartsarcata.com (AC-0724)

SCRAP HUMBOLDT'S THE (RE)WORKSHOP.

Take a Class, rent the space, teach a class, have a birthday party or drop-in and use our tools in our Creative Education Studio. (707) 822-2452 scraphumboldt.org (AC-0911)

SEWING: QUILTING CLASSES WITH GERI FURY. Tues.'s and Thurs.'s 10 a.m.-1p.m. All levels welcome. Geri can help you with your first quilt, or your most ambitious. \$10/class, \$60 for 8 classes a month. Eureka Fabrics, 412 2nd St. in Old Town. Call (707) 442-2646 or email eurekafabrics@me.com for more info. Or just come join the fun! www.eurekafabrics.com (AC-0714)

Communication

MODERN DAY MIRACLES EXPLORED AT LIFETREE CAFÉ. The question of whether miracles are real, and happening today, will be explored, Sun., July 27, 7 p.m. Lifetree Café is a conversation café with free coffee and snacks. Corner of 13th and Union, Arcata. (707) 672-2919. (CMM-0724)

POETRY CLASS (ENG. 32). With David Holper. Learn to write, improve, and revise your poetry. Info. on publication. Fri's., 1 p.m.-4:10 p.m., Aug. 29-Dec. 12, College of the Redwoods, Eureka Campus. Enroll at redwoods.edu or call 476-4370 for more information. (CMM-0724)

Dance/Music/Theater/Film

ACOUSTIC/ELECTRIC BASS LESSONS All ages. Beginning to Intermediate. Theory and Improvisation. Matthew Engleman (707) 633-9185 (DMT0918)

DANCE WITH DEBBIE: Try one of our fabulous specialized workshops. Improve your Latin technique, spruce up your arm styling, do the Hustle, explore American Tango, learn fancy dips & endings. Intermediate East and West Coast swing. (707) 464-3638 debbie@dancewithdebbie.biz www.dancewithdebbie.biz (DMT-0731)

MEDIA PRODUCTION TRAINING. Access Humboldt offers media production training covering camera work, pre-production, lighting, audio, and studio production. Call 476-1798 or visit www.accesshumboldt.net (DMT-0731)

MUSIC LESSONS. Piano, Guitar, Voice, Flute, etc. Piano tuning. Instrument repair. Digital multi-track recording. (707) 476-9239. (DMT-0828)

REDWOOD RAKS WORLD DANCE STUDIO, ARCATA. West African, Belly Dance, Tango, Salsa, Swing, Breakdance, Jazz, Tap, Modern, Zumba, Hula, Congolese, more! Kids and Adults, 616-6876. (DMT-0925)

STEEL DRUM CLASSES. Beginning Wksp: 10 a.m.-noon, July 12, \$25/wksp. Weekly Beginning Class: Fri's., 11:30 a.m.-12:30 p.m., \$50. Beg/Int, continuing students: Mon's., 7-8 p.m. Youth Band: Thurs., 4:30 p.m.-5:30 p.m. July 10-Aug. 14, \$40. Pan Arts Network 1049 Samoa Blvd. Suite C (707) 407-8998. panartsnetwork.com (DMT-0731)

THE WA: AN ECSTATIC DANCE JOURNEY. With Michael Furniss. At Om Shala Yoga. Fri., July 25, and each 4th Fri. Monthly! 8-9:30 p.m. No experience or "dancing grace" necessary. Move with your own authentic expression of the moment. \$10 admission. 858 10th St., Arcata. 825-YOGA (9642). www.omshalayoga.com. (DMT-0724)

Fitness

AIKIDO. Tues. & Thurs., Sept. 16-Oct. 23, 6 p.m.-7:30 p.m. at the CR Main Campus. Aikido teaches how we may resolve conflict safely and peacefully as possible. Regular practice enhance balance, stamina, coordination, focus, and overall health. Call College of the Redwoods Community Education at 476-4500 to register. (F-0724)

DANCE-FIT. Dance, aerobics & strength training all in one class! Mon., Wed. & Fri. 9-10 a.m. First class is free. Drop in for \$5 per class or 14 classes for \$55. No Limits tap & jazz studio, corner of 10th & K st. Arcata. 825-0922. (F-0731)

NORTH COAST FENCING ACADEMY. Fencing (with swords!). Improve your mind and body in a fun, intense workout, and a very chill environment. Ages 8 and up. 1459 M St., Arcata. Contact Justin (707) 601-1657 text or phone, or email northcoastfencingacademy@gmail.com (F-0724)

FIND NEW WAYS TO MOVE AT ARCATA CORE PILATES STUDIO. Hoopdance Mon. & Tues. 5:30 p.m.; Classic Burlesque Mon. 6:30 p.m.; Booty Barre Mon. & Wed. 1 p.m.; \$5 Community Pilates Mat Tues. 6:30 p.m.; Ballet Booty Tues. & Thurs. 9 a.m.; Release Your Inner Goddess Wed. 6:30 p.m.; Adult Ballet Tues. 6:30 p.m.; Brain Balancing Creative Movement for Kids Sat. 11 a.m. Visit us at 901 8th St., Arcata or call (707) 845-8156 for more info! (F-0731)

SELF DEFENSE. Tues. & Thurs., Sept 9 and 11, 5:30-7:30 p.m. CR Main Campus. Learn to be safe in your neighborhood and school or workplace. Learn to defend yourself. Learn to be aware of and avoid potentially dangerous situations. Call College of the Redwoods Community Education at 476-4500 to register. (F-0724)

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids and adults, child care, fitness gym, and more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-0925)

ZUMBA WITH MARLA JOY. Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. and Thurs. at Bayside Grange 6-7 p.m., 2297 Jacoby Creek Rd. \$6/\$4 Grange members. (707) 845-4307 marlajoy.zumba.com (F-0828)

Kids & Teens

MUSEUM ART SCHOOL. Summer Art Camps for kids ages 5-12 at the Morris Graves Museum of Art. Aug. 4-8. Level 1: 9:30 a.m.-12:30 p.m. Level 2: 1:30-4:30 p.m. \$90 members, \$85 nonmembers. Call (707) 442-0278 ext. 202, or www.humboldtarts.org to register. (K-0731)

SUMMER READING CLUB. The theme this year is "Paws to Read." Participants can sign up and play the game by reading library books Preschoolers can also participate by listening to books read aloud. The SRC begins as soon as school lets out for the summer. At the Main Library in Eureka the game begins on Fri., June 13, 1313 3rd St, Eureka. Check with your nearest Branch Library for their beginning date. There are ten Branches located throughout Humboldt County. The game can also be played while visiting the Bookmobile. Free. Call JoAnn Bauer at (707) 269-1927 or visit our website at www.humlib.org for more info. (K-0731)

SUMMER READING CLUB PROGRAMS. Based on the theme of "Paws to Read," there will be a series of programs during the summer including stories, activities, and crafts. Wed's., beginning June 18 and ending on August 6, 1:30 p.m., The Main Library, 1313 3rd St., Eureka. Free. For further information, please call JoAnn Bauer at (707) 269-1927 or visit our website at www.humlib.org.

PSG FRENCH PRO SOCCER CAMP. Aug 4-8. Arcata ASC, 9-noon (age 9-12), 1 p.m.-4 p.m. (age 13-17) PLUS Free soccer day care 12-3 p.m. \$195. Go to ACSamoa.com. These camps are for "serious travel team" types- it is NOT a "recreational" environment. (K-0731)

DANCE SCENE STUDIOS. Excellent instruction in Ballet, Creative Dance, Hip Hop, Belly Dance, Tap, Jazz, Adult Ballet, Senior Ballet. 1011 H St., Eureka, DanceEureka.com, (707) 502-2188. (K-1003)

14TH ANNUAL MOONSTONE BEACH SURF CAMP. Water enthusiasts of all levels will enjoyably learn the aquatic skill necessary for all types of surfing while being immersed in lifeguard water safety, surf etiquette and beach and ocean awareness. Ages: 8-up. Aug. 4-8, at Moonstone Beach. Cost: \$195 full four-day session. (707) 822-5099. moonstonebeachsurfcamp.com. (K-0731)

50 and Better

FREE MEDICARE WORKSHOPS. Offered by Area 1 Agency on Aging's trained HICAP counselors the second Thurs. of every month through Aug. Hour-long workshops make Medicare understandable. Drop by second floor conference room at AIAA, 434 Seventh St., Eureka. Medicare Basics for Boomers, 4-5 p.m., August 14. On deck: Medicare Plan Finder Class, Sept. 18, 25 and Oct. 2. (O-0807)

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-1225)

Spiritual

ARCATA ZEN GROUP MEDITATION. Arcata & Eureka. Beginners welcome. ARCATA: Sun's., 7:55 a.m. at Northcoast Aikido on F St. (entrance in alley between 8th & 9th, upstairs). Dharma talks are offered twice a month. Call 826-1701 or visit arcatazengroup.org. EUREKA: Wed's., 5:55 p.m., First Methodist Church, enter single story building between F & G on Sonoma St., room 12. Call 845-8399 or visit barryevans9@yahoo.com. (S-0925)

HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP. We are a diverse congregation welcoming all people. Our mission is to promote personal and spiritual growth as well as a peaceful, sustainable, and socially just world. Come see for yourself on a Sunday morning at 10:30 a.m., Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, www.huuf.org. (S-0904)

KDK ARCATA BUDDHIST GROUP. Under the direction of Lama Lodru Rinpoche. We practice Tibetan meditation, followed by discussion. All are welcome. For more info contact Lama Nyugu (707) 442-7068, Fierro_roman@yahoo.com. Sun's 6 p.m., Community Yoga Center 890 G St, Arcata. Our webpage is www.kdkarcatagroup.org (S-0731)

SPIRITUAL UNBINDING THROUGH MASSAGE INTERCESSION. With Cora at Myrtle Towne Healing Center. Peaceful energy. Kind intuition. Joyous release. Please text or call for information or an appointment (714) 614-2136. (S-0821)

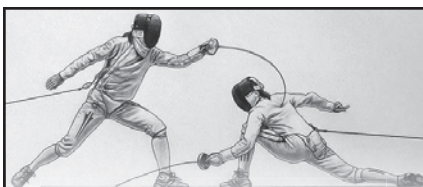
TAROT AS AN EVOLUTIONARY PATH. Classes in Eureka, and Arcata. Private mentorships, readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com (S-0731)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844-442-0711. (T-0731)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-0731)

continued on next page ►



North Coast Fencing Academy

Improve your mind and body in a fun, intense workout, and a very chill environment.

Adults & kids ages 8 and up.

Contact Justin (707) 601-1657
Text or Phone.

1459 M. St. Arcata.

northcoastfencingacademy@gmail.com
northcoastfencing.tripod.com



**August 4-8
Arcata ASC
\$195**

**Ages 9-12 • 9 a.m.-noon
Ages 13-17 • 1-4 p.m.**

**PLUS
Free Soccer Daycare
Noon-3p.m.**



**For more info go to:
acsamoa.com**

Summer of Fun 2014

A complete resource for kids of all ages!

- Summer Camps & Activity Programs
- Visual & Performing Arts
- Nature & Science
- Sports, Athletics & Adventure

ONLINE NOW!

www.northcoastjournal.com/SOF2014

Workshops & CLASSES

continued from previous page

FREE DEPRESSION SUPPORT GROUP. Walk-in support group for anyone suffering from depression. Meet Mon's 6:30 p.m.-7:45 p.m., at the Church of the Joyful Healer, McKinleyville. Questions? Call (707) 839-5691. (TS-0731)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 825-0920, saahumboldt@yahoo.com or (TS-0731)

Vocational

CLIA CMA CONTINUING EDUCATION UNIT CLASS. Thurs., Aug. 28, 6 p.m.-9 p.m. 3 hour CMA continuing education will review what CLIA waived means and identify some common CLIA waived tests used in the physician's office, interpret abnormal lab values for patient education purposes and recognize relevant terminology and abbreviations. Call College of the Redwoods Community Education at 476-4500 to register. (V-0724)

ELECTRONIC NEWSLETTERS AND SOCIAL MEDIA TRAINING. July 30, 1-4 p.m. Free workshop for business owners and non-profit representatives, offered by the North Coast SBDC. Pre-registration required. For more information or to register, visit www.northcoastsbdc.org or call (707) 445-9720.

SERVSAFE CERTIFICATE. Tues. Sept. 16, 8:30 a.m.-5 p.m. Fees include textbook, food safety and sanitation instruction, demonstrations and certification examination fee. Call College of the Redwoods Community Education at 476-4500 to register. (V-0724)

TRUCK DRIVING SCHOOL INFORMATIONAL MEETINGS. Tues., Aug. 5, 6 p.m.-8 p.m. or Thurs., Aug. 7, 6 p.m.-8 p.m. Interested students must attend one informational meeting. This intensive six-week course has 45 hours of lecture and 45 hours of "behind-the-wheel" instruction. Each student receives 45 additional hours of observation time in the truck. Call College of the Redwoods Community Education at 476-4500. (V-0724)

Wellness & Bodywork

DANDELION HERBAL CENTER. Classes with Jane Bothwell. Beginning with Herbs. Sept. 17-Nov. 5, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. 10 Month Herbal Studies Program. Feb.-Nov. 2015, meets one weekend per month with several field trips. Learn in-depth material medica, therapeutics, flower essences, wild foods, formulations and harvesting. Plant Lovers Journey to Costa Rica with Jane Bothwell & Rosemary Gladstar. March 19-28, 2015. Let us guide you through the unsurpassed beauty and wondrous diversity of Costa Rica! Register online www.dandelionherb.com or call (707) 442-8157. (W-0911)

HUMBOLDT HERBALS FALL CLASS SERIES
Intrigued by herbal medicine? Join us for this 10 week series of diverse herbal topics, and give yourself a great foundation! Designed for beginning to intermediate herb students. Call or email for the full course description. \$395 - includes 10 classes, 2 herb walks, detailed handouts and product samples. Classes are Saturdays from 10 to 12:30 in Old Town Eureka, beginning Sept. 6th. (707) 442-3541 emailus@humboldttherbals.com

CANDLELIGHT HOT STONE YOGA & LIVE SOUND HEALING. With Artemisia Shine. At Om Shala Yoga. Fri., Aug. 1, 1st, 3rd, & 5th Fri's. monthly. 7:30 p.m.-9:30 p.m. \$20 drop-in. 858 10th St., Arcata. 825-YOGA (9642), www.omshalayoga.com. (W-0724)

JIN SHIN JYUTSU WITH DENNY DORSETT RN. Gentle, ancient, hands-on help for body and mind. \$5 lecture/demonstrations to benefit Humboldt Community Breast Health Project. Thurs., July 31, Aug. 28, Sept. 18, 6:30 p.m. - 8:30 p.m. At Arcata Wellness Center, 735 12th St., Arcata. No pre-registration. Door prize is a free private session. For info. call (707) 825-0824 (W-1009)

MYRTLETOWNE HEALING CENTER SUMMERTIME SPECIAL. New Clients \$45 One Hour Massage! Progressive Bodywork. Interactive Healing. Participate in helping your body heal itself. Preventative Maintenance. Therapeutic. Relax and reduce stress or Focus on specific conditions. Increase your health and well being. Body Mind and Spirit. Many types of massage available for you to experience. Call Today. You Deserve it. 441-9175. Healing your being since 2006. Same Day Appointments are available. (W-0731)

START YOUR CAREER IN MASSAGE THERAPY. Now enrolling. Daytime classes start September 2 at Arcata School of Massage. 650-Hour Therapeutic Massage Certification in California, and the National Exam. Our comprehensive program prepares your body, mind and heart to become a caring, confident professional massage therapist. Call 822-5223 for information or visit arcatamassage.com (W-0731)

YOGA ON THE RIVER RETREAT. With Peggy Profant and Robyn Smith. Aug. 9-11. A sweet camp-out style yoga retreat on the exquisite Salmon river. \$170. See website or call for details. 858 10th St., Arcata. www.omshalayoga.com. 825-YOGA (9642). (W-0724)

HEY, BANDS.

Submit your gigs online:
www.northcoastjournal.com



SUBMIT
your

CALENDAR
EVENTS

ONLINE

northcoastjournal.com

OR BY

E-MAIL

calendar@northcoastjournal.com

PRINT DEADLINE: Noon Thursday,
the week before publication

FIELD NOTES



PERCENTAGES OF OBESE ADULTS IN THE U.S., 2011-2012, BY AGE GROUP. "OBESE" IS DEFINED AS HAVING A BODY MASS INDEX (BMI) OVER 30, WHERE BMI = 703 X WEIGHT IN POUNDS/ HEIGHT IN INCHES SQUARED. SOURCE: NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY

Soft Drinks, Obesity and Scientific Neutrality

By Barry Evans

fieldnotes@northcoastjournal.com

Some connections are just so obvious we hardly give them a second thought: drinking and driving, crack and bad teeth, smoking and lung cancer. And — this week's topic — soft drinks and weight gain. The logic is so right there — you put on weight when calories going in exceed calories going out, and sugar-sweetened beverages (SSBs) are loaded with calories. You'd think no scientist could seriously claim "insufficient evidence" for a causal relationship.

You'd be wrong. You can find seven "systemic reviews" (meta-studies) online which conclude that the evidence for an SSB-and-weight-gain connection is either contradictory or insufficient. However, you can also find 10 opposing studies showing that consumption of SSBs *does* increase the risk of weight gain and obesity. Why the contradictory results? Who do you trust? In a "meta-meta review" (*PLOS Medicine*, December 2013), researcher Maria Bestrolo and her collaborators took a close look at all these studies (with 18 conclusions), all of which had been published in mainstream scientific journals. The results are both enlightening and depressing, especially for those of us who love science and idealize the supposed neutrality of the scientific method.

Turns out, six of the studies disclosed a conflict of interest (they were funded by the soft drink industry), five of which (83.3 percent) came down on the "insufficient evidence" side of the issue. Meanwhile, of 12 conclusions from the other 11 studies, 10 (again, 83.3 percent) said there was sufficient evidence for the connection, repudiating the industry-funded reviews. The conflict-of-interest reviews were five times as likely to conclude there was no proven SSB-weight gain connection compared with those not paid for by the industry.

tion compared with those not paid for by the industry.

Cynical readers may ask, *what else is new?* Scientists can be bought — or, to put it more kindly, influenced — by the source of their funding. Tobacco companies, for instance, can always find some desperate Ph.D. willing to challenge the cigarette-lung cancer connection. And researchers, being human, have their biases, too. That's why most studies of this type use double-blind protocols, and why reputable journals insist on peer review as a condition of publication. Still, the very nature of scientific research, at least in my view, is that scientists don't skew results to fit their prejudices.

Compare this situation with the immoderate claims often made by the sports drink industry that "maximum hydration" — drinking as much Gatorade and suchlike as your body can tolerate — is better for athletes than simply drinking when they're thirsty. That's just aggressive advertising with no harmful consequences. But it's another state of affairs when supposedly neutral scientists play to their sponsors, as happened so blatantly in the SSB-obesity case.

What's particularly galling is that here in the country with the second highest obesity rate in the world (after Mexico), where a full third of us are obese, purveyors of calorie-rich soft drinks can point to the skewed industry-sponsored results with impunity. Truth is, SSBs are the single largest source of added sugar in the U.S. diet, and the only place those excess calories can go is into your body: Hello tummy, goodbye visible toes. ●

Barry Evans (barryevans9@yahoo.com) still yearns for dandelion-and-burdock, his British childhood "fizzy drink" of choice.

NOTICE OF TRUSTEES SALE LOAN: COAST CENTRAL/3704 FILE: PFI-140415 A.P.N.: 510-131-022-000

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 2/27/2009. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NOTICE is hereby given that PLACER FORECLOSURE, INC., as trustee, or successor trustee, or substituted trustee pursuant to the Deed of Trust executed by: Patty Driver, An Unmarried Woman Recorded 3/4/2009 as Instrument No. 2009-4493-16 in book , page of Official Records in the office of the Recorder of Humboldt County, California, and pursuant to the Notice of Default and Election to Sell thereunder recorded 4/8/2014 in Book , Page , as Instrument No. 2014-006189-3 of said Official Records, WILL SELL on 8/6/2014 at On the steps to the front entrance of the County Courthouse, 825 5th Street, Eureka, CA 95501 at 10:30 AM AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at the time of sale in lawful money of the United States), all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State hereinafter described: As more fully described on said Deed of Trust. The property address and other common designation, if any, of the real property described above is purported to be: 1295 RAILROAD AVE, MCKINLEYVILLE, CA 95519 The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown herein. Total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$135,494.06 In addition to cash, the trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. In the event tender other than cash is accepted the Trustee may withhold the issuance of the Trustee's Deed until funds become available to the payee or endorsee as a matter of right. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the indebtedness secured by said Deed, advances thereunder, with interest as provided therein, and the unpaid principal balance of the Note secured by said Deed with interest thereon as provided in said Note, fees, charges and expenses of the trustee and the trusts created by said Deed of Trust. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 888-988-6736 or visit this Internet Web site salestrack.tdsf.com, using the file number assigned to this case PFI-140415. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. Dated: 7/10/2014 PLACER FORECLOSURE, INC., as said Trustee 12190 Herdal Drive, Suite 9 Auburn, California 95603 (530) 888-8411 By: Shannon Winford, Trustee Sale Officer Directions May Be Obtained Pursuant To A Written Request Submitted To The Beneficiary C/O Placer Foreclosure, Inc., 12190 Herdal Dr., Suite 9, Auburn, Ca 95603, Within 10 Days Of The First Publication Of This Notice. Placer Foreclosure, Inc. Is A Debt Collector Attempting To Collect A Debt And Any Information Obtained Will Be Used For That Purpose. TAC: 969452 PUB: 7/17/14, 7/24/14, 7/31/14

7/17, 7/24, 7/31/2014 (14-224)

NOTICE OF PETITION TO ADMINISTER ESTATE OF JANEEN LAVENIA OHLHEISER, AKA JANEEN OHLHEISER CASE NO. PR140190

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, JANEEN LAVENIA OHLHEISER, AKA JANEEN OHLHEISER

A PETITION FOR PROBATE has been filed by PADRAIC JASON KLINE In the Superior Court of California, County of Humboldt. THE PETITION FOR PROBATE requests that PADRAIC JASON KLINE

Be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on August 7, 2014 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept: 8.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person inter-

ested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

ATTORNEY FOR PETITIONER:
Bradford C. Floyd CSB# 136459
Law office of Bradford C. Floyd
819 Seventh Street
Eureka, CA. 95501
(707) 445-9754
July 16, 2014

SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

7/24, 7/31, 8/7/2014 (14-227)

NOTICE INVITING BIDS

The City of Fortuna ("Owner"), will accept sealed bids for its Recreation Building Improvements Project ("Project"), by or before August 8, 2014, at 2:00 p.m. at City Hall, located at 621 11th Street, Fortuna, California, at which time the bids will be publicly opened and read aloud. Owner reserves the right to reject any and all bids and to waive any non-substantive irregularities.

This Project requires a valid California contractor's license for the following classification(s): Class 'B' General.

The plans, specifications, and contract documents for the Project ("Contract Documents") may be obtained from the Finance Department, at 621 11th Street, Fortuna, California for a deposit of Twenty Dollars (\$20) per set. The deposit will be refunded for each set returned in good condition within ten (10) days after the bid opening.

Each bid must be submitted using the Bid Proposal Form provided with the Contract Documents. Each Bid Proposal must be accompanied by bid security of ten percent (10%) of the maximum bid amount, in the form of a cashier's or certified check made payable to Owner, or a bid bond executed by a surety licensed to do business in the State of California on the Bid Bond form included with the Contract Documents. The bid security shall guarantee that upon award of the bid, the bidder shall execute the contract and submit payment and performance bonds and insurance certificates as required by the Contract Documents within ten (10) days following notice of award of the Contract.

Pursuant to Section 400 of the Fortuna City Charter and Section 2.50.090.A of the Fortuna Municipal Code, this Project is exempt from State of California prevailing wage requirements, and is instead subject to the City of Fortuna's local prevailing wage requirements.

Pursuant to City of Fortuna Municipal Code Section 2.50.90, the City of Fortuna acting in its sole discretion may from time to time, exercise the right granted under its

Charter to establish a mechanism for determining wages to be paid on locally funded public works projects. The wages proposed by the bidder awarded the Contract for this locally-funded Project shall be considered the City of Fortuna's prevailing wages for this Project.

Performance and payment bonds will be required of the successful bidder.

The substitution of appropriate securities in lieu of retention amounts from progress payments is permitted in accordance with Public Contract Code Section 22300.

Pursuant to Public Contract Code Section 4104 each Bid Proposal must include the name and location of the place of business of each subcontractor who shall perform work or service or fabricate or install work for the prime contractor in excess of one-half of one percent (1/2 of 1%) of the bid price, using the Subcontractor List form included with the Contract Documents.

No bid may be withdrawn for a period of sixty (60) days after the date set for the opening for bids except as provided pursuant to Public Contract Code Sections 5100 et seq.

Additional information is provided in the Instructions and Information for Bidders, which should be carefully reviewed by all bidders prior to submitting a Bid Proposal.

A bidders' conference will be held on Friday, August 1st, 2014 at 10:00 a.m., at the project location for the purpose of acquainting all prospective bidders with the bid documents and the Worksite. The bidders' conference is mandatory. A bidder who fails to attend the mandatory bidders' conference may be disqualified from bidding. By: Linda Jensen, City Clerk
Date: July 15, 2014
Publication Dates: July 17, 2014, July 24, 2014

7/17, 7/24/2014 (14-225)

PUBLIC SALE

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700 -21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the civil Code.

The undersigned will sell at public sale by competitive bidding on the 5th day of August 2014, at 10:00 AM, on the premises where said property has been stored and which are located at **CUTTEN MINI STORAGE, 2341 Fern Street, Eureka, CA**, County of Humboldt the following units will be sold:

#257 Darlene Johannsen
Items to be sold include, but are not limited to: Bicycles, bicycle parts, boots, drums, tools, plastic bins with drawers, lots of boxes & bags (contents unknown).

time of the sale in cash only. Anyone interested in attending the auction **must sign in** at 2341 Fern Street, Eureka, CA. prior to 10:00 A.M on the day of the auction, no exceptions. All purchase items sold as is, where is and must be moved at the time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party. Auctioneer: Cutten Mini Storage (707) 443-2280, Bond #0336443.
Dated this 24th day of July 2013 and 31st. day of July 2013

7/24, 7/31/2014 (14-233)

PUBLIC SALE

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700 -21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the civil Code. The undersigned will sell at public sale by competitive bidding on the 1st of August, 2014, at 11:00 AM, on the premises where said property has been stored and which are located at **INDIANOLA STORAGE, at 673 Indianola Cutoff, Eureka**, County of Humboldt, State of California. The following units will be sold:

Leah Leen, Unit # 46 - Misc. Household items
Robin Thornton, Unit #55 -Misc. Household items
Dylan Hall, Unit # 67- Misc. Household items
Anthony Thompson, Unit #152- Misc. Household items
Purchases must be paid for (cash only) and removed at the time of the sale, with the unit left broom clean. Sale is subject to cancellation in the event of settlement between owner and obligated party. Owner reserves the right to bid. Call 442-7613
Indianola Storage, Jerry Avila, Bond # 0327592

4/24, 7/31/2014 (14-231)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME ANACRUZ MINER NICOLAS MINER CASE NO. CV140443 SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT 825 FIFTH STREET EUREKA, CA 95501

PETITION OF: NANCY MINER
TO ALL INTERESTED PERSONS:
Petitioner: NANCY MINER
for a decree changing names as follows:

Present name
ANACRUZ MINER
NICOLAS MINER
to Proposed Name
ANACRUZ BERNAL
NICOLAS BERNAL
THE COURT ORDERS that all persons interested in this matter

appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING
Date: August 25, 2014
Time: 1:45 p.m., Dept. 8
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
Date: July 09, 2014
Filed: July 09, 2014
/s/ W. BRUCE WATSON
Judge of the Superior Court

7/17, 7/24, 7/31, 8/7/2014 (14-222)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
KIRA HOEY
CASE NO. CV140408
SUPERIOR COURT OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501

PETITION OF: KIRA HOEY
TO ALL INTERESTED PERSONS:
Petitioner: KIRA HOEY
For a decree changing names as follows:
Present name
KIRA HOEY
To Proposed Name
KIRA GALLAWAY
THE COURT ORDERS that all persons interested in this matter

appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING
Date: August 8, 2014
Time: 1:45 p.m., Dept. 8
Superior Court of California,
County of Humboldt
825 Fifth Street
Eureka, CA. 95501
Date: June 19, 24, 2014
Filed: June 20, 2014
/s/ Thomas A. Smith, Assigned
Judge of the Superior Court

7/3, 7/10, 7/17, 7/24/2014 (14-209)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
VICTORIA DAWN VICKERY
CASE NO. CV140420
SUPERIOR COURT OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501

PETITION OF:
BRIAN F. CHRISTIE on the behalf of
VICTORIA D. VICKERY
TO ALL INTERESTED PERSONS:
Petitioner: BRIAN F. CHRISTIE on the
behalf of VICTORIA D. VICKERY for
a decree changing names as follows:
Present name
VICTORIA DAWN VICKERY
To Proposed Name
VICTORIA DAWN CHRISTIE

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING
Date: August 14, 2014
Time: 1:45 p.m., Dept. 8
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
Date: June 25, 2014
Filed: June 25, 2014
/s/ W. BRUCE WATSON
Judge of the Superior Court

7/3, 7/10, 7/17, 7/24/2014 (14-206)

REQUEST TO CONTINUE COURT HEARING AND TO REISSUE TEMPORARY RESTRAINING ORDER
SUPERIOR COURT OF CALIFORNIA,
COUNTY OF HUMBOLDT,
825 5TH STREET,
EUREKA, CA. 95501
CASE NO. CP140222

ELDER OR DEPENDANT ADULT IN NEED OF PROTECTION MARJORIE Y. SMALL, 2540 Acheson Way, Arcata, CA. 95521 (707) 822-4572.
PERSON FROM WHOM PROTECTION IS SOUGHT SARAH K. MALO
Request to Continue Hearing and to Reissue Temporary Restraining Order,
(b1) I could not get the order served before the hearing date
(c2) The Order has been previously reissued 2 times.
I declare under penalty of perjury under the law of the State of California that the information above is true and correct.
Dated 6/23/2014
Filed 6/24/2014
/s/ Marjorie Y. Small

7/3, 7/10, 7/17, 7/24/2014 (14-211)

NOTICE OF NEW HEARING DATE AND ORDER ON REISSUANCE
SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT,
825 5TH STREET,
EUREKA, CA., 95501
CASE NO. CP140222

Elder or Dependent Adult in need of Protection
MARJORIE Y. SMALL
2540 Acheson Way
Arcata, CA. 95521
(707) 822-4572
PERSON YOU WANT PROTECTION FROM
SARAH K. MALO
New Hearing Date at the request of the person seeking protection.
Because: the person in SARAH K. MALO could not be served before the current hearing date.
Order for Continuance and Notice of Hearing August 11, 2014, 1:45 p.m., Dept. 8, 825 5th Street, Eureka, CA. 95501
Received June 24, 2014
Filed June 27, 2014

7/3, 7/10, 7/17, 7/24/2014 (14-212)

REQUEST TO CONTINUE COURT HEARING AND TO REISSUE TEMPORARY RESTRAINING ORDER
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT
825 5TH STREET,
EUREKA, CA.95501
CASE NO. CP140214

ELDER OR DEPENDANT ADULT IN NEED OF PROTECTION MARJORIE Y. SMALL, 2540 Acheson Way, Arcata, CA. 95521 (707) 822-4572.
PERSON FROM WHOM PROTECTION IS SOUGHT BRADLEY M. SMALL
Request to Continue Hearing and to Reissue Temporary Restraining Order,
(b1) I could not get the order served before the hearing date
(c2) The Order has been previously reissued 2 times.
I declare under penalty of perjury under the law of the State of California that the information above is true and correct.
Dated 6/23/2014
Filed 6/24/2014
/s/ Marjorie Y. Small

7/3, 7/10, 7/17, 7/24/2014 (14-210)

NOTICE OF NEW HEARING DATE AND ORDER ON REISSUANCE
SUPERIOR COURT OF CALIFORNIA,
COUNTY OF HUMBOLDT,
825 5TH STREET,
EUREKA, CA., 95501
CASE NO. CP140214

Elder or Dependent Adult in need of Protection
MARJORIE Y. SMALL
2540 Acheson Way
Arcata, CA. 95521
(707) 822-4572
PERSON YOU WANT PROTECTION FROM
BRADLEY M. SMALL
New Hearing Date at the request of the person seeking protection.
Because: the person in BRADLEY M. SMALL could not be served before the current hearing date.
Order for Continuance and Notice of Hearing August 11, 2014, 1:45 p.m., Dept. 8, 825 5th Street, Eureka, CA. 95501
Received June 24, 2014
Filed June 27, 2014

7/3, 7/10, 7/17, 7/24/2014 (14-213)

FICTITIOUS BUSINESS NAME STATEMENT 14-00393

The following person is doing Business as **STONE COLD CHILLIN**, Humboldt, at 3014 Alice Ave., Arcata CA. 95521
Jennie D. Shortt (Thompson)
3014 Alice Ave.
Arcata, CA. 95521
The business is conducted by An Individual

The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Jennie Shortt Thompson, Owner
This statement was filed with the County Clerk of Humboldt County on June 18, 2014
CAROLYN CRNICH
Humboldt County Clerk

7/17, 7/24, 7/31, 8/7/2014 (14-223)

FICTITIOUS BUSINESS NAME STATEMENT 14-00382

The following persons are doing Business as **TOWN AND COUNTRY MOBILE VILLA, TOWN AND COUNTRY MOBILE VILLAGE, TOWN AND COUNTRY MOBILE HOME VILLA, TOWN AND COUNTRY MOBILE HOME VILLAGE, TOWN AND COUNTRY MOBILE HOME PARK, TOWN AND COUNTRY MOBILE HOME**, Humboldt, at 4855 Boyd Road., Arcata, CA. 95521
QSW Corporation
California # C0471349
1741 Karameos Drive
Sunnyvale, CA. 94087
The business is conducted by A Corporation

The date registrant commenced to transact business under the fictitious business name or name listed above on 5/26/1964
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Louis J. Quick, Shareholder/ Director
This statement was filed with the County Clerk of Humboldt County on June 16, 2014
CAROLYN CRNICH
Humboldt County Clerk

7/10, 7/17, 7/24, 7/31/2014 (14-215)

FICTITIOUS BUSINESS NAME STATEMENT 14-00402

The following persons are doing Business as **THE VIEW**, at 3127 Montgomery St., Eureka, CA. 95503
Nikolay T. Tsvetanov
3127 Montgomery St.
Eureka, CA. 95503
Mai Z. Cheng
3127 Montgomery St.
Eureka, CA. 95503
The business is conducted by A Married Couple

The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Mai Z. Cheng, Nikolay T. Tsvetanov, Owners
This statement was filed with the County Clerk of Humboldt County on June 23, 2014
CAROLYN CRNICH
Humboldt County Clerk

7/3, 7/10, 7/17, 7/24/2014 (14-202)

COUNTY OF HUMBOLDT DEPARTMENT OF HEALTH AND HUMAN SERVICES CHILDREN AND FAMILY SERVICES

REQUEST FOR PROPOSALS

Child Welfare Services System Review

We are seeking agencies to design and conduct a System Review of Humboldt County Child Welfare Services and participating agencies. This review will combine quantitative and qualitative methodologies to explore questions specific to the unique attributes of the communities within Humboldt County.

Please see the website: <http://www.co.humboldt.ca.us/rfp/>
Or
Contact Lisa Rix at
Lrix@co.humboldt.ca.us
Or
(707) 476-4763

Proposals to be received by 5:00 p.m. on July 31, 2014 at the address listed above. Proposals received after this date will not be considered. Faxes will not be accepted. No additional information or documentation will be accepted from proposers after the proposal due date.

5/29, 6/5, 6/12, 6/19, 6/26, 7/3, 7/10, 7/17/14 (14-153)

RESTAURANTS, MUSIC, EVENTS,
MOVIE TIMES, ARTS LISTINGS, BLOGS

m.northcoastjournal.com

Bookmark the URL
and it's ready to go,
right on your phone.



**FICTITIOUS BUSINESS NAME
STATEMENT 14-00405**

The following persons are doing Business as **GLOBE PROPERTIES**, Humboldt, at 423 First Street, Eureka, CA. 95501, PO Box 952, Eureka, CA. 95502
Globe Imports LTD., Inc.
423 First Street
Eureka, CA. 95501
California
The business is conducted by A Corporation
The date registrant commenced to transact business under the fictitious business name or name listed above on 10/13/1962
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Robert P. Maxon, President
This statement was filed with the County Clerk of Humboldt County on June 24, 2014
CAROLYN CRNICH
Humboldt County Clerk

7/3, 7/10, 7/17, 7/24/2014 (14-200)

**FICTITIOUS BUSINESS NAME
STATEMENT 14-00434**

The following persons are doing Business as **IF**, Humboldt, at 514 2nd Street, Eureka, CA. 95501, 258 Hillsdale St., Eureka, CA. 95501
Tanya A. Hudy
258 Hillsdale St.
Eureka, CA. 95501
Todd P. Hudy
258 Hillsdale St.
Eureka, CA. 95501.
The business is conducted by A Married Couple
The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Tanya Hudy, Owner
This statement was filed with the County Clerk of Humboldt County on July 09, 2014
CAROLYN CRNICH
Humboldt County Clerk

7/17, 7/24, 7/31, 8/7/2014 (14-219)

**FICTITIOUS BUSINESS NAME
STATEMENT 14-00399**

The following persons are doing Business as **PLANNED PARENT-HOOD NORTHERN CALIFORNIA**, Humboldt, at 3225 Timber Fall Ct., Suite B, Eureka, CA. 95503, 2185 Pacheco Street, Concord, CA. 94530
Planned Parenthood: Shasta-Diablo, Inc.
California # C0442913
2185 Pacheco Street.
Concord, CA. 94520
The business is conducted by A Corporation
The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Deborah Sorondo, Senior Vice President of Finance and Admin.
This statement was filed with the County Clerk of Humboldt County on June 23, 2014
CAROLYN CRNICH
Humboldt County Clerk

7/10, 7/17, 7/24, 7/31/2014 (14-214)

**FICTITIOUS BUSINESS NAME
STATEMENT 14-00425**

The following person is doing Business as **BUNNY HOP QUILT SHOP**, Humboldt, at 322 Grotto St., Eureka, CA. 95501
Brigitte D. Fleck
1373 Vernon St.
Eureka, CA. 95501
The business is conducted by An Individual
The date registrant commenced to transact business under the fictitious business name or name listed above on 7/3/2014
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Brigitte Fleck, Owner
This statement was filed with the County Clerk of Humboldt County on June 03, 2014
CAROLYN CRNICH
Humboldt County Clerk

7/10, 7/17, 7/24, 7/31/2014 (14-216)

**FICTITIOUS BUSINESS NAME
STATEMENT 14-00444**

The following person is doing Business as **HUMBOLDT FURNITURE**, Humboldt, at 1085 K St., Arcata CA. 95521
Susan D. Paul
1403 Chester Ave.
Arcata, CA. 95521
The business is conducted by An Individual
The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Susan Paul, Owner
This statement was filed with the County Clerk of Humboldt County on July 17, 2014
CAROLYN CRNICH
Humboldt County Clerk

7/24, 7/31, 8/7, 8/14/2014 (14-226)

**FICTITIOUS BUSINESS NAME
STATEMENT 14-00407**

The following person is doing Business as **REDWOOD RUGRATS, LOST COAST KIDS**, Humboldt, at 365 Wildwood Ave., Rio Dell, CA. 95562
Bernadette J. McKenna
365 Wildwood Ave,
Rio Dell, CA. 95562
The business is conducted by An Individual
The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ B. McKenna, Owners
This statement was filed with the County Clerk of Humboldt County on June 25, 2014
CAROLYN CRNICH
Humboldt County Clerk

7/3, 7/10, 7/17, 7/24/2014 (14-203)

**FICTITIOUS BUSINESS NAME
STATEMENT 14-00390**

The following person is doing Business as **OCEAN PEACE DESIGN**, Humboldt, at 494 6th Ave., Westhaven, CA. 95570
Yohei Shiraishi
494 6th Ave.
Westhaven, CA. 95570
The business is conducted by An Individual
The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Yohei Shiraishi, Owner
This statement was filed with the County Clerk of Humboldt County on June 18, 2014
CAROLYN CRNICH
Humboldt County Clerk

7/17, 7/24, 7/31, 8/7/2014 (14-221)

**FICTITIOUS BUSINESS NAME
STATEMENT 14-00408**

The following person is doing Business as **NOBLE TOBAL PRODUCTIONS**, Humboldt, at 1460 Spear Ave., Arcata, CA. 95521
Cristobal A. Diaz
1460 Spear Ave.
Arcata, CA. 95521
The business is conducted by An Individual
The date registrant commenced to transact business under the fictitious business name or name listed above on 6/26/2014
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Cristobal Diaz, CEO
This statement was filed with the County Clerk of Humboldt County on June 26, 2014
CAROLYN CRNICH
Humboldt County Clerk

7/3, 7/10, 7/17, 7/24/2014 (14-205)

**FICTITIOUS BUSINESS NAME
STATEMENT 14-00411**

The following person is doing Business as **EMA B'S KNEES**, Humboldt, at 1666 Prairie Ct., McKinleyville, CA. 95519
Emily B. Greenspan
1666 Prairie Ct.
McKinleyville, CA. 95519
The business is conducted by An Individual
The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Emily Greenspan
This statement was filed with the County Clerk of Humboldt County on June 27, 2014
CAROLYN CRNICH
Humboldt County Clerk

7/3, 7/10, 7/17, 7/24/2014 (14-208)

**FICTITIOUS BUSINESS NAME
STATEMENT 14-00423**

The following person is doing Business as **EMERALD CARAVAN**, Humboldt, at 424 L St, #21, Eureka, CA. 95501
Amanda M. Loftis
424 L St. #21
Eureka, CA. 95501
The business is conducted by An Individual
The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Amanda Loftis, Owner
This statement was filed with the County Clerk of Humboldt County on June 03, 2014
CAROLYN CRNICH
Humboldt County Clerk

7/10, 7/17, 7/24, 7/31/2014 (14-217)

**FICTITIOUS BUSINESS NAME
STATEMENT 14-00427**

The following person is doing Business as **SECOND SIGHT TATTOO**, Humboldt, at 417 5th. St., Eureka CA. 95501
Damen C. Tesch
2329 Plunkett
Bayside, CA. 95521
The business is conducted by An Individual
The date registrant commenced to transact business under the fictitious business name or name listed above on 4/1/14
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Damen Tesch, Owner
This statement was filed with the County Clerk of Humboldt County on July 7, 2014
CAROLYN CRNICH
Humboldt County Clerk

7/24, 7/31, 8/7, 8/14/2014 (14-230)

**FICTITIOUS BUSINESS NAME
STATEMENT 14-00447**

The following person is doing Business as **FREEDOM FARM**, Humboldt, at 1763 Freshwater Road, Eureka, CA. 95503
Michaela N. Hasler
1763 Freshwater Road
Eureka, CA. 95503
The business is conducted by An Individual
The date registrant commenced to transact business under the fictitious business name or name listed above on n/a
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Michaela Hasler, Owner/ Operator
This statement was filed with the County Clerk of Humboldt County on July 18, 2014
CAROLYN CRNICH
Humboldt County Clerk

7/24, 7/31, 8/7, 8/14/2014 (14-229)

HAPPY HOUR FINDER • FREE DOWNLOAD

NCJ Cocktail Compass



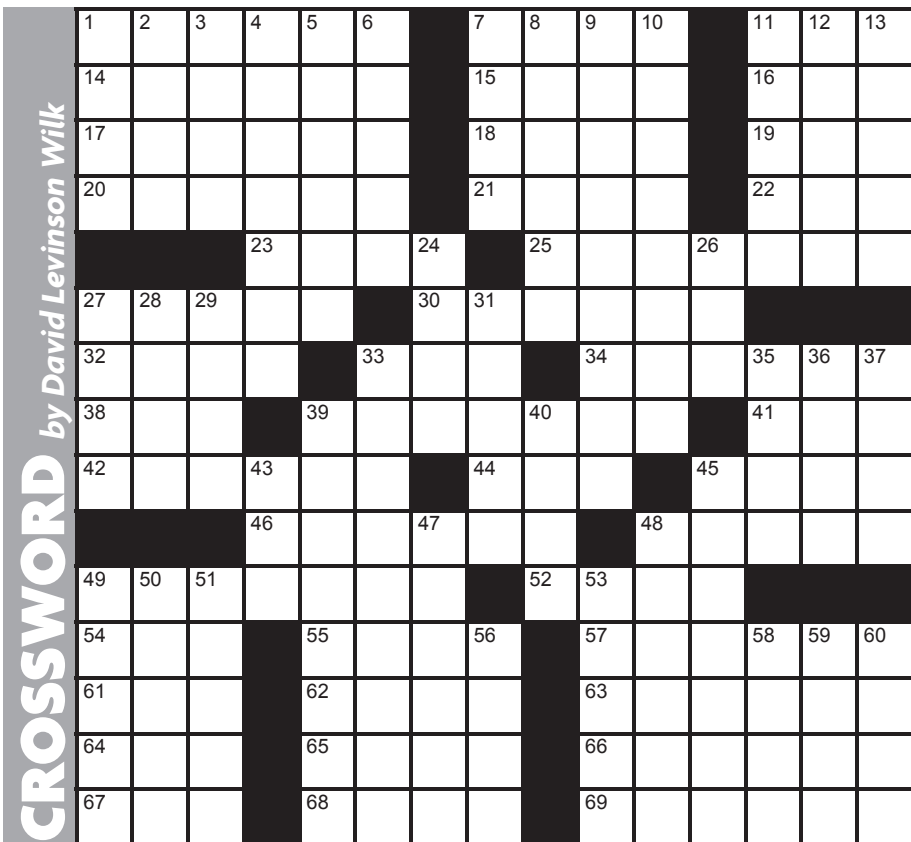
www.northcoastjournal.com

SUBMIT
your
**CALENDAR
EVENTS**

ONLINE northcoastjournal.com

OR BY

E-MAIL calendar@northcoastjournal.com



CROSSWORD by David Levinson Wilk

©2014 DAVID LEVINSON WILK

JLO • ANSWERS NEXT WEEK!

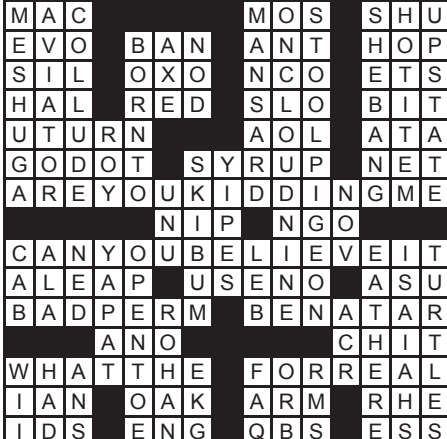
ACROSS

- 1. Visit overnight
- 7. Lip ____
- 11. Celeb nickname that's an homophonous hint to solving 4-, 9-, 33- and 45-Down
- 14. Gangster film accessory
- 15. Rash application
- 16. Jacuzzi sigh
- 17. Rick's order to Sam
- 18. Bette Midler, e.g.
- 19. Newspaper with the largest daily circ. in the U.S.
- 20. Out of fashion
- 21. Help in wrongdoing
- 22. Fairness-in-hiring inits.
- 23. Trifling
- 25. "My bad"
- 27. Wedding day destination
- 30. Score less than
- 32. Hist. or sci.
- 33. ____ deferens
- 34. Cable series with the tagline "America's favorite serial killer"
- 38. Temp. reducers
- 39. Holstein, e.g.
- 41. Owner of Abbey Road Studios
- 42. Tries to bite
- 44. Tall, dark or handsome: Abbr.
- 45. Like many basements
- 46. Danes of "Homeland"
- 48. Martin and Magdalene
- 49. 2002 FIFA World Player of the Year
- 52. Left the scene
- 54. 2002 Winter Olympics host: Abbr.
- 55. Pound sounds
- 57. Second man to walk on the Moon
- 61. Minor complaint
- 62. Jiffy
- 63. It's a trip
- 64. Restaurants competing with Mickey D's
- 65. Not doing anything
- 66. "Likewise"
- 67. Corp. head
- 68. Comet rival
- 69. NFL's Gang Green

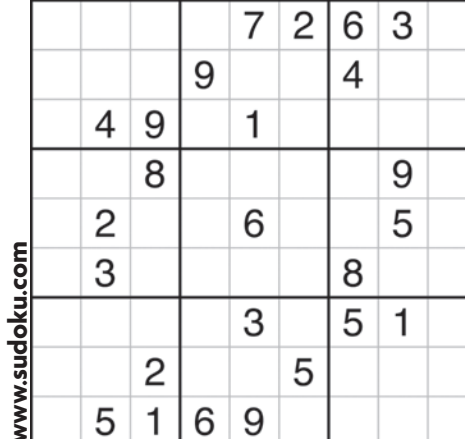
DOWN

- 1. "Monk" org.
- 2. Intro to marketing?
- 3. Noted rib donor
- 4. Capt.'s superior who's a dingbat?
- 5. Not as rainy
- 6. Four-bagger
- 7. ____ Bing! (go-go bar on "The Sopranos")
- 8. Cover stories
- 9. Appeal made to the Atty. General's office for warmth and affection?
- 10. Hearty entree
- 11. Chatterbox
- 12. Kind of beam
- 13. Facetious "Great!"
- 24. Airline that doesn't fly on the Sabbath
- 26. Losing tic-tac-toe row
- 27. Dumb ____ ox
- 28. One of LBJ's daughters
- 29. Dosage amt.
- 31. Memorable role for Liam
- 33. Radio personality who's always talking about dietary supplements?
- 35. Zoom
- 36. Daytime ____
- 37. Features of some jeans
- 39. Its national anthem is "Negaraku," meaning "My Country"
- 40. Alphabet quartet
- 43. Acad. or univ.
- 45. What the Heisman Trophy winner of 1968 was called by his kids?
- 47. Cousin of a gazelle
- 48. Tune
- 49. Rachel Maddow's network
- 50. "Ni-i-ice!"
- 51. "Don't ____ innocent!"
- 53. "Alice" star Linda
- 56. Eyewear, in adspeak
- 58. Words per minute, e.g.
- 59. "____ Plenty o' Nuttin'"
- 60. Modernists

LAST WEEK'S ANSWERS TO INTERBANG



su | do | ku © Puzzles by Pappocom MEDIUM #31



classified EMPLOYMENT

Clubs/Orgs

FREE MEDICARE WORKSHOPS OFFERED BY AREA 1 AGENCY ON AGING'S Trained HICAP counselors the second Thursday of every month through August. Hour-long workshops make Medicare understandable. Drop by second floor conference room at AIAA, 434 Seventh St., Eureka. Next class: Medicare Basics for Boomers, August 14, 4-5 p.m. On deck: Medicare Plan Finder Class, Sept. 18, 25 and Oct. 2.



SUMMER FOOD SERVICE PROGRAM The Wiyot Tribe Announces sponsorship of the Summer Food Service Program. Free meals will be provided to all children who are 18 years of age and younger at **Wiyot Tribe** 141 Wiyot Tribe Loleta, CA. 95551 Daily from June 16,- Aug. 22, 2014

Snack 9 a.m- 10 a.m
Lunch 12 p.m- 1 p.m

YOU'RE INVITED! House of Prayer Manila Holiness Church 1820 Peninsula Drive, Manila, (707) 443-5407, Pastor Phillip Stephens. Sunday School, 10 a.m., Sunday Worship, 11 a.m. Sun. Evening Service, 6 p.m. Thurs. Evening Service, 7 p.m.

COMMUNITY EDUCATION COURSE PROPOSALS FOR FALL 2014. Proposals for Eureka, Crescent City, and Garberville now being accepted, call 476-4500 for more information or visit our website at <http://www.redwoods.edu/Departments/Community-Ed/InstructorInfo.asp>

Opportunities

HOME CAREGIVERS PT/FT. Non-medical caregivers to assist elderly in their homes. Top hourly wages. (707) 362-8045. (E-0731)

AIRLINE CAREERS BEGIN HERE. Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Housing and Job placement assistance. Call Aviation Institute of Maintenance 800-725-1563 (AAN CAN) (E-0731)

Opportunities



NOW HIRING All Departments. Maintenance, food & beverage, housekeeping, front desk. Apply in person or send a resume to rorazem@benbowinn.com.



SHIPPING COORDINATOR

We are looking for a qualified candidate who is passionate about excellence in quality assurance and improving coordination and communication to fill the role of Shipping Coordinator and help us grow!

Duties include assisting the Shipping Supervisor with day-to-day departmental activities such as scheduling trucks for shipping, calculating weights, generating BOL's, checking loads for accuracy, resolving errors or discrepancies related to shipping overages or shortages, printing invoices, approving freight bills, maintaining relationships with carriers, and other duties as needed.

Positions requires excellent and professional communication skills, an acute attention to detail, and excellent planning and organizational skills. Must be a self-starter, be able to multitask, be computer literate, and be a team player.

Working with FoxFarm you can expect a fantastic company culture, exceptional professionalism and excellence every day, common courtesy and mutual respect, great benefits, financial rewards, pride of craftsmanship, quality of life, and to work with a great team of people!

To apply please bring your resume and complete an Application for Employment in person at 1900 Bendixsen Street, Samoa, CA at the North Gate entrance to the Fairhaven Business Park, or visit www.foxfarmfertilizer.com for an Application for Employment. Drug screen required. EOE.



INDUSTRIAL MAINTENANCE MECHANIC

We are looking for a hardworking, reliable individual who takes pride in doing quality work to fill the role of Industrial Maintenance Mechanic and help us grow!

Position is responsible for maintaining, repairing, adjusting and calibrating production machinery in a fast paced manufacturing environment and maintaining an accurate record of all work done. Knowledge of general maintenance, preventive maintenance, and repair; experience with pneumatics and hydraulics; experience with electrical including 3-phase and PLC's; and the ability to read and understand schematics, blue prints, and instructions. Excellent and professional communication skills, an acute attention to detail, and excellent planning and organizational skills are required. Must be a self-starter, be able to multitask, and be a team player.

Working with FoxFarm you can expect a fantastic company culture, exceptional professionalism and excellence every day, common courtesy and mutual respect, great benefits, financial rewards, pride of craftsmanship, quality of life, and to work with a great team of people!

To apply please bring your resume and complete an Application for Employment in person at 1900 Bendixsen Street, Samoa, CA at the North Gate entrance to the Fairhaven Business Park, or visit www.foxfarmfertilizer.com for an Application for Employment. Drug screen required. EOE.

Opportunities



www.sequoiapersonnel.com
2930 E Street Eureka, CA 95501
707.445.9641

SEQUOIA PERSONNEL SERVICES INC.

General Laborer
Delivery Driver Class C
Housekeeper • Caregiver
Experienced MA • Class A Driver
Dispatcher/Bookkeeper
Showroom Sales
Admin Asst. • Wood Worker
Travel Agent • Carpenters



Southern Humboldt Community Healthcare District is now accepting applications for:

NURSE MANAGER

Full time ER/Acute, BSN, PALS, ACLS & Management experience required.

CLINICAL LAB SCIENTIST

Full time. Chemistry, hematology, UA, coagulation and blood bank experience required Includes shared call. Housing for shifts provided.

L.V.N.

Per diem, part time and full time. CA License required.

Visit **www.shchd.org** for more information and to apply

Or call (707) 923-3921 ext. 230

YUROK TRIBE JOB OPENINGS

HEAD START TEACHER

KLAMATH FT/RG \$36,896-\$47,964

FF DATE OPEN UNTIL FILLED

ACCOUNT SPECIALIST CHILD SUPPORT

FT/RG EUREKA \$15.45/\$17.23/\$19.15

FF DATE OPEN UNTIL FILLED

SENIOR FISHERIES BIOLOGIST

KLAMATH FT/RG \$59,130-\$92,134 FF DATE 7/25/14

METH PREVENTION SPECIALIST

FT/RG KLAMATH \$19.15-\$24.88

FF DATE OPEN UNTIL FILLED

HEAD START EDUCATION/LANGUAGE COORDINATOR

FT/RG EUREKA \$36,896-\$47,964

FF DATE 7/25/14

ENVIRONMENTAL SPECIALIST

FT/TEMP KLAMATH \$19.15 FF DATE 7/25/14

ENVIRONMENTAL TECH

FT/TEMP KLAMATH \$15.45 FF DATE 7/25/14

HOMEBASE TEACHER

FT/RG EUREKA \$36,896-\$47,964 FF DATE 7/25/14

FAMILY SERVICES COORDINATOR

FT/RG EUREKA \$36,896-\$47,964 FF DATE 8/15/14

RECEPTIONIST FT/RG

EUREKA \$12.31/\$13.81 FF DATE 8/1/14

All positions require a completed Yurok Tribe application. Any questions please call (707) 482-1350 ext. 1376 or log onto www.yuroktribe.org. Join us on Facebook: www.facebook.com/yuroktribehumanresources

Opportunities



REDWOOD COAST
Energy Authority

Program Assistant – Accounting and HR

\$2,304 - \$3,574 monthly (DOE) plus benefits.

RCEA is accepting applications for a full-time, experienced Accounts Payable Clerk. Position provides bookkeeping, human resources, and clerical support services to ensure effective and efficient accounting and HR operations.

Opportunity for advancement. Open until filled.

For job description and application instructions, go to www.redwoodenergy.org/about-us/employment EOE



MILLWRIGHT

We are looking for a qualified candidate who takes pride in doing quality work to fill the role of Millwright and help us grow!

Position requires knowledge of general maintenance, preventive maintenance, and repair; experience with pneumatics and hydraulics; experience with electrical including 3-phase and PLC's; experience with fabrication and welding; and the ability to read and understand schematics, blue prints, and instructions. Position requires excellent and professional communication skills, an acute attention to detail, and excellent planning and organizational skills. Must be a self-starter, be able to multitask, and be a team player.

Working with FoxFarm you can expect a fantastic company culture, exceptional professionalism and excellence every day, common courtesy and mutual respect, great benefits, financial rewards, pride of craftsmanship, quality of life, and to work with a great team of people!

To apply please bring your resume and complete an Application for Employment in person at 1900 Bendixsen Street, Samoa, CA at the North Gate entrance to the Fairhaven Business Park, or visit www.foxfarmfertilizer.com for an Application for Employment. Drug screen required. EOE.



PRODUCT REGISTRATION SPECIALIST

FoxFarm Soil & Fertilizer Company is currently seeking a Product Registration Specialist to join our team and help us grow!

Duties include registering product labels with state regulatory agencies, researching registration regulations and requirements, maintaining databases and spreadsheets, and assisting with tonnage reporting requirements. Full time administrative position includes benefits.

Position requires excellent and professional communication skills, excellent research skills, an acute attention to detail, a high level of confidentiality, and excellent organizational skills. Must be a self-starter, be able to multitask, and be computer literate. Experience with Microsoft Excel, Word, and Outlook a plus.

Working with FoxFarm you can expect a fantastic company culture, exceptional professionalism and excellence every day, common courtesy and mutual respect, great benefits, financial rewards, pride of craftsmanship, quality of life, and to work with a great team of people!

To apply please bring your resume and complete an Application for Employment in person at 1900 Bendixsen Street, Samoa, CA at the North Gate entrance to the Fairhaven Business Park, or visit www.foxfarmfertilizer.com for an Application for Employment. Drug screen required. EOE.

Opportunities

JOURNEYMAN, UTILITY POWER DISTRIBUTION

\$36-\$48/hr. with benefits. Full-time, 40 hrs/week.

Minimum qualifications: Must have completed high school or its equivalent. Must have completed an accredited 4 year apprenticeship program and have 4 years Journeyman line experience.

Under general supervision, perform experienced level work in the construction and maintenance of overhead and underground electrical lines and electrical distribution system, and perform related duties.

Must reside within an hour of the Shelter Cove area within six months. Job application and description available on the District's website: www.sheltercove-ca.gov.

Open until filled. Apply at: Resort Improvement District, 9126 Shelter Cove Rd., Whitethorn, CA 95589. (707) 986-7447.

open door Community Health Centers

LAB ASSISTANT

1 F/T Crescent City

DIETICIAN

1 P/T Crescent City

STERILIZATION TECH-DENTAL

1 F/T Crescent City

MEDICAL BILLER

1 F/T Arcata

CERTIFIED MEDICAL CODER

1 F/T Arcata

MEDICAL RECEPTIONIST

1 F/T Willow Creek

MEDICAL ASSISTANT

1 F/T Crescent City, 1 F/T McKinleyville,

REGISTERED NURSE

1 F/T Eureka, 1 Temp P/T Willow Creek

RN CLINIC COORDINATOR (SUPV)

1 F/T Willow Creek

OFFICE MANAGER

1 F/T Eureka

MEDICAL RECORDS/REFERRALS

1 F/T Arcata

DENTIST

1 P/T or F/T Willow Creek

PHYSICIAN-PEDIATRICIAN

1 F/T Crescent

PHYSICIAN- OB/GYN

1 F/T Arcata

FAMILY PRACTICE MD/DO

1 F/T Crescent City, 1 F/T Eureka,

1 F/T McKinleyville

Visit www.opendoorhealth.com to complete and submit our online application.

Opportunities



HUMBOLDT SUPERIOR COURT JOB OPPORTUNITY Court Account Clerk I/II DOE

Salary \$2681.47-\$3690.27/
mo + benefits
High school diploma or
equivalent and one year
exp. required. FBI/DOJ/
background check required.
**App due by 5pm
8/11/2014**
For App & Info:
(707) 269-1245 or email
HR@humboldtcourt.ca.gov

Opportunities



**Southern Humboldt
Community
Clinic**
is now accepting
applications for:

**PHYSICIANS ASSISTANT
OR FAMILY NURSE
PRACTITIONER**
Immediate opening.
Flexible schedule.
Competitive Pay and a
great benefits package

For more information
and to apply, visit:
www.shchd.org
Or call (707) 923-3921 ext. 230

Opportunities

AFRICA, BRAZIL WORK/STUDY!
Change the lives of others and
create a sustainable future. 1, 6, 9,
18 month programs available.
Apply now!
www.OneWorldCenter.org
(269) 591-0518
info@OneWorldCenter.org
(AAN CAN) (E-0101)



PERSONAL ATTENDANT REMI VISTA INC.

Provides support services by
assisting individuals with
developmental disabilities.
Must be 21+ with a clean
driving record, valid driver's
license, and full use of a
vehicle. Must pass a physical,
drug test and criminal back-
ground check. \$9.50/hour.
Please email
jiverson@remivista.org or
call (707) 268-8722 for more
information.

\$1,000 WEEKLY!!
MAILING BROCHURES From
Home. Helping home workers
since 2001. Genuine Opportunity.
No Experience required.
Start Immediately
www.mailingmembers.com
(AAN CAN) (E-0724)

AIRLINE CAREERS BEGIN HERE.
Get FAA approved Aviation
Maintenance Technician training.
Financial assistance available.
Post 9/11 GI Bill accepted. Job
placement assistance. Call Avia-
tion Institute of Maintenance
888-242-3214 (E-0731)

Opportunities



EMPLOYMENT OPPORTUNITIES CHER-AE HEIGHTS CASINO

PART-TIME POSITIONS
Line Cook/Prep
Prep Cook/Dishwasher
Security 2
Table Games Dealer
Valet
Surveillance Officer
Deli Worker 2
Slot Attendant
Revenue Auditor
FULL-TIME POSITIONS
Slot Tech

Cher-Ae Heights Indian Community
of the Trinidad Rancheria
Employment Applications
available in Human Resources/
Seascape/Cher-Ae Heights
Casino or our website at
www.cheraehightscasino.com
Cher-Ae Heights is an alcohol and drug
free workplace with required testing.

RESTAURANTS, MUSIC,
EVENTS, MOVIE TIMES,
ARTS LISTINGS, BLOGS

**m.northcoast
journal.com**

Bookmark the URL and
it's ready
to go, right on
your phone.



Auctions

PUBLIC AUCTION

THURS. JULY 31, 5:15PM

Estate Furniture, Household Misc.

INFO & PICTURES AT
WWW.CARLJOHNSONCO.COM
PREVIEW WEDS. 11-5, THURS. 11 ON



3950 JACOBS AVE. EUREKA • 443-4851

Clothing

LITTLE SHOP OF HERS VINTAGE OPEN DAILY 12-6 WE BUY & TRADE 441-9078 FUN!



416 2ND ST OLD TOWN

Community

BECOME A FOSTER PARENT.

Provide a safe and
stable environment for
youth 13-18 for them to learn
& grow in their own
community. Contact the
HC Dept. of Health & Human
Services Foster Care Hotline
(707) 441-5013, ask for Peggy

Merchandise

KILL BED BUGS! Buy Harris Bed
Bug Killer Complete Treatment
Program/ Kit. (Harris Mattress
Covers Add Extra Protection).
Available: Hardware Stores, Buy
Online: homedepot.com (AAN
CAN) (M-0807)



Merchandise

**SALE: TOWELS, BEDDING,
CURTAINS, & MORE 1/2 PRICE
JULY 24-31.**

Tues's. Senior Discount. Fri.
Frenzy Sale. Daily Quarter Rack.
Dream Quest Thrift Store Where
your shopping dollars help youth
realize their dreams, Willow
Creek. (530) 629-3006.

Pets & Livestock



northcoastjournal

Got a few too many? Sell them here!

20 words and a photo, in full color
for only \$25 per week.
442-1400
classified@northcoastjournal.com
www.northcoastjournal.com

Art & Design



ART CENTER FRAME SHOP

616 Second St.
Old Town Eureka
707.443.7017

artcenterframeshop
@gmail.com



*Exquisite Handmade
Stained Glass*
Specializing in: Liturgical
Commercial & Residential
MONTHLY CLASSES
820 N St., Arcata (9th St. Entrance)
(707) 633-6266
11 am-5:30 pm

jsgstudios@gmail.com
www.jsg-studios.com



**14 W. Wabash Ave.
Eureka, CA 268-1866
eurekaca.expresspros.com**

**Diesel Mechanic • Fabricator/Welder
Laborers • Carpenters • Class A Driver
Industrial Painter • Medical Assistant
Medical Receptionist • Office Manager
Administrative Assistant
Bookkeeper • Accountant**

CALIFORNIA MENTOR. CARE PROVIDERS needed NOW. Make extra
money working from home. GREAT OPPORTUNITY. Special Needs Adults
live with you. Earn up to \$3600 tax-free/mo. Bring 4 references. Must
have extra bedroom, HS/GED & clean criminal record. Call Sharon today
for appt! (707) 442-4500 ext 16! www.camentorfha.com. (E-0731)



CITY OF FORTUNA UTILITY WORKER II

\$26,827 - \$32,595 PER YEAR
(INCENTIVES AVAILABLE)
FULL TIME, EXCELLENT BENEFITS.

Entry level position responsible for a variety
of water distribution and sewer collection
maintenance, repair, and construction
assignments with general supervision.

Must be 18 and have valid CDL. Must obtain
a Water Distribution 1 certification within 24
months of hire date. Must obtain a Class B
California Drivers License within 6 months of
hire date. Prior work in related field preferred.

Complete job description and required
application available at friendlyfortuna.com or
City of Fortuna, 621 11th Street, 725-7600.

Application packet must be received by
5:00 pm on Friday, August 8, 2014

northcoastjournal.com/blogjammin

THE
BLOGS

MORE BLOGS.
EVERYDAY.
BLOGTHING + A&E + HUM PLATE



Area 1 Agency on Aging

Services Specialists - Information and Assistance and Caregiver Services

One part-time (17.5 hours/week) and one
full-time (35 hours/week) position available.
These positions are responsible for providing
information, referrals, advocacy and other
A1AA services to older adults and caregivers.

For a job description and application,
visit a1aa.org online, or the A1AA office at
434 7th Street, Eureka, CA 95501.

For information, call
Jeanie Ren at 442-3763, Ext. 209.

Positions open until filled.

Auto Service

CASH FOR CARS. Any Car/Truck. Running or Not! Top Dollar Paid. We Come To You! Call For Instant Offer: 1-888-420-3808
www.cash4car.com (AAN CAN) (A-1009)

YOUR ROCKCHIP IS MY EMERGENCY! Glaswelder, Mobile, windshield repair. 442-GLAS, humboldtwindshieldrepair.com (S-0925)

Cleaning

CLARITY WINDOW CLEANING. Services available. Call Julie 839-1518. (S-0925)

HUMBOLDT HOUSE CLEANING. Licensed & Bonded, #3860. (707) 444-2001 or (707) 502-1600. Top Rated Cleaning Service on Angie's List in the State. First Time Cleaning 2 hours or more \$10 off. (S-0731)

Computer & Internet


On the Plaza
837 H Street, Arcata, CA 95521
707.825.7100

Sales Service Solutions

707-840-0600

Macs for the Masses
Macintosh peace of mind since 1993.

Jim Elferdink
www.macsforthemasses.net

PLACE YOUR OWN AD AT:
classified.northcoastjournal.com



MARKETPLACE

Computer & Internet


Macintosh Computer Consulting for Business and Individuals
Troubleshooting Hardware/Memory Upgrades Setup Assistance/Training Purchase Advice
707-826-1806
macsmist@gmail.com

Garden & Landscape

ALLIANCE LAWN & GARDEN CARE. Affordable, Dependable, and Motivated Yard maintenance. We'll take care of all your basic lawn needs. Including hedging, trimming, mowing, and hauling. Call for estimates (707) 834-9155. (S-1002)

PROFESSIONAL GARDENER. Powerful tools. Artistic spirit. Balancing the elements of your yard and garden since 1994. Call Orion 825-8074, www.taichigardener.com (S-0731)

 @ncj_of_humboldt

Home Repair


PROJECTS UNLIMITED
Honey-Do's are my Specialty. Living and Working in Arcata Area Since 1983
Bob Billstrom, Handyman
(707) 822-7037
(707) 834-8059
tunesmith89@sbcglobal.net


QUALITY WORKSMANSHIP
REASONABLE RATES
Decking, Fencing, Siding, Roofing/Repairs, Doors, Windows
Honest & Reliable, Retired Contractor
(707) 267-0496
sagehomerepair@gmail.com

Home Repair

2 GUYS & A TRUCK.
Carpentry, Landscaping, Junk Removal, Clean Up, Moving. No job too big or small, call 845-3087 (S-0731)

MITSUBISHI HEAT PUMPS.
Heat your house using 21st century technology. Extremely efficient, cheap to run, reasonably priced. Sunlight Heating-CA lic. #972834. (707) 502-1289, rockydrill@gmail.com (S-0731)

Legal

Kathleen Bryson Attorney
DUI & DMV Hearings
Cultivation/Possession
Juvenile Delinquency
Misdemeanors & Felonies
Former Hum. Co. Deputy DA
Member of CA DUI Lawyers Assoc.
FREE CONSULTATION
732 5th Street, Suite C,
Eureka, CA 95501
707.268.8600
info@humboldtjustice.com
www.humboldtjustice.com

Musicians & Instructors

BRADLEY DEAN ENTERTAINMENT.
Singer Songwriter. Old rock, Country, Blues. Private Parties, Bars, Gatherings of all kinds. (707) 832-7419. (M-0807)

GUITAR/PIANO LESSONS.
All ages, beginning & intermediate. Seabury Gould (707) 444-8507. (M-0925)

PIANO LESSONS BEGINNING TO ADVANCED ALL AGES. 30 years joyful experience teaching all piano styles. Juilliard trained, remote lessons available. Nationally Certified Piano Teacher. Humboldtpianostudio.com. (707) 502-9469. (M-0731)

PIANO LESSONS. Beginners, all ages. Experienced. Judith Louise 476-8919. (M-0731)


BONGO BOY
Studio Recording & Mixing
CD Mastering, Package Design
Tapes/ LP/ Cassette/ videotape
transferred to CD / DVD
24 track remote recording
Professional Engineer
e-mail: bongoboycd@sbcglobal.net
bongoboystudio.com
Celebrating 13 years in Humboldt County!
(707) 839-5090

Other Professionals

EARN \$500 A DAY.
As Airbrush Media Makeup Artist For Ads, TV, Film, Fashion. One Week Course. Train & Build Portfolio. 15% OFF TUITION. AwardMakeUpSchool.com (818) 980-2119 (AAN CAN) (S-0724)

PREGNANT? THINKING OF ADOPTION? Talk with caring agency specializing in matching Birthmothers with Families Nationwide. LIVING EXPENSES PAID. Call 24/7 Abby's One True Gift Adoptions. 866-413-6293. Void in Illinois/New Mexico/Indiana (AAN CAN) (S-0807)


Harvey's Knife Sharpening
*Knives • Blades
Shears • Trimmers
Custom Orders*
At All Under Heaven
Arcata Plaza, 825-7760
Harvey's Sharp-n-Things
616-7022


WRITING CONSULTANT/EDITOR.
Fiction, nonfiction, poetry.
Dan Levinson, MA, MFA.
(707) 443-8373.
www.ZevLev.com

IN-HOME SERVICES
We are here for you
Registered nurse support
Personal Care
Light Housekeeping
Assistance with daily activities
Respite care
& much more
insured & bonded
Humboldt Caregivers
Serving Northern California for over 20 years!
TOLL FREE
1-877-964-2001

Other Professionals

NORTH COAST HAULING SERVICES
Trash removal, trailer towing
Local moves, pick-up/delivery
Call (415) 299-4473 (S-1009)

A'O'KAY CLOWN & NANI NATURE.
Juggling Jesters and Wizards of Play present Performances for all Ages; A magical adventure with circus games & toys. For info. on our variety of shows and to schedule events & parties. Please call us at (707) 499-5628. Visit us at circusnature.com (S-0925)

Sewing & Alterations

MRS. SEW AND SEW
Sewing and Alterations in Arcata. Summer special Jeans hem \$10
Fast turn around time!
Call Nancy
(707) 499-3265

Sewing & Alterations


STITCHES-N-BRITCHES.
Kristin Anderson, Seamstress. Mending, Alterations, Custom Sewing.
Mon-Fri., 8 a.m.- 3 p.m.
Bella Vista Plaza, Ste 8A,
McKinleyville.
(707) 502-5294.
Facebook: Kristin Anderson's Stitches-n-Britches.
Kristin360cedar@gmail.com

PLACE YOUR OWN AD AT:
classified.northcoastjournal.com

 **RESTAURANTS A - Z**

Search by food type, region and price. Browse descriptions, photos and menus.

www.northcoastjournal.com



thejournal
OF POLITICS, PEOPLE AND ART



EARTH RITE MASSAGE. Intuitive deep tissue massage from ORR Hot Springs CMT. 1 hour \$50, 1 1/2 hours \$75. More information on facebook. Call Rick: (707) 499-6033. Treat yourself or a loved one to healing touch. (MB-0731)

HIGHER EDUCATION FOR SPIRITUAL UNFOLDMENT. Bachelors, Masters, D.D./Ph.D., distance learning, University of Metaphysical Sciences. Bringing professionalism to metaphysics. (707) 822-2111

ROLFING SUMMER SPECIAL
50% off first session plus free body analysis!
(541) 251-1885. (MB-0731)

Ongoing Classes
Workshops
Private Sessions
Diana Nunes Mizer
Parent Educator



Conscious Parenting
skills & support to help families grow & thrive

707.445.4642
consciousparentingsolutions.com

Loving Hands,
Institute of Healing Arts



MASSAGE THERAPY

Private Practice,
CA State Licensed School,
Continuing Education,
Career Training in
Holistic Health Education

Mon.-Fri. 11 a.m. to 7 p.m.
Sat. 10 to 5; Sun. 1 to 5
725-9627
739 12th St., Fortuna
www.lovinghandsinstitute.com



Treating Bulimia,
Anorexia, Binge-Eating.
Kim Moor, MFT
#37499
Call 441-1484

Massage Therapy
Eminence Organic Facials
Therapeutic Foot Treatments
Pedicures & Manicures
Waxing & Sugaring



soulto soulspa.com
822-7685(SOUL)
10th Street in Arcata

COMMUNITY CRISIS SUPPORT:

**HUMBOLDT CO. MENTAL
HEALTH CRISIS LINE**
445-7715
1-888-849-5728

**HUMBOLDT DOMESTIC
VIOLENCE SERVICES**
443-6042
1-866-668-6543

**RAPE CRISIS TEAM
CRISIS LINE**
445-2881

**NATIONAL CRISIS
HOTLINE**
1-800 SUICIDE
(1-800-784-2433)

**NATIONAL SUICIDE
PREVENTION LIFELINE**
1-800-273-TALK

**SHELTER HOUSING
FOR YOUTH
CRISIS HOTLINE**
444-2273

**North Coast
Medical**

Diane Dickinson, MD



(707) 826-1165
northcoast-medical.com

**Low Cost
215 Evaluation
Center**

All Renewals
Starting At

\$80

**Renew Your 215
From Any Doctor
or Clinic For Less**

Walk-ins Welcome
Wed & Sat 11-5pm

Special discount
for Seniors, SSI,
Veterans & Students



**Medical Cannabis
Consultants**
(707) 407-0527
508 I Street, Eureka
(across from HC Court House)



**What's your
food crush?**

We're looking for the best kept
food secrets in Humboldt.

Email your tip (Is it a burger?
A cookie? A fried pickle?) and
we'll check it out for the
Hum Plate blog.

Email
jennifer@northcoastjournal.com

sacredbodies
PILATES & DANCE

Offering Private Training
and Small Group Classes in

- Pilates
- Yoga
- Dance: Tribal Bellydance,
Hip-Fusion, Burlesque
- The Gentle Birth Workout TM
- The Center Method for
Diastasis Recti Recovery TM
- Pink Ribbon Program Post
Operative Workout TM
- Online registration

www.sacredbodiespilates.com
707-268-0437

**Today's
Hair Salon**

Full Hair Services For
Men, Women, Children
Coloring, Perm, Waxing
Style Pedicure Spa
& Manicures



BRING THIS
COUPON IN
FOR 10% OFF
SERVICES

OPEN
Tues-Sat 10am-6:30pm
Sun 11am-4pm
923 H Street, Arcata
(707) 822-2719

TRUE MOTION FITNESS

A unique approach
to movement health

featuring
**Muscle Activation
Techniques™:**

A systematic approach to
strengthen, stabilize and
reduce stress at joints and
surrounding muscle tissue

**Gym Memberships
Personal Training**

(707) 822-3018
info@truemotionfitness.com
www.truemotionfitness.com
901 O St, Suite B, Arcata

Apartments for Rent

HUMBOLDT PLAZA APTS.

Opening soon available for
HUD Sec. 8 Waiting Lists for
2, 3 & 4 bedrm Apts.

Annual Income Limits:

1 pers. \$20,100; 2 pers. \$22,950;
3 pers. \$25,800; 4 pers. \$28,650;
5 pers. \$30,950; 6 pers. \$33,250;
7 pers. \$35,550; 8 pers. \$37,850.

EHO. Hearing impaired: TDD Ph#
1-800-735-2922. Apply at Office:
2575 Alliance Rd. Arcata,
8am-12pm & 1-4pm, M-F
(707) 822-4104

EQUAL HOUSING
OPPORTUNITY

1536 3RD ST. #4. 3/1 Upper Apt,
Onsite, Garage, Cat OK, Sec 8
OK. Rent \$815. Vac Now.
Rental Hotline (707) 444-9197,
www.ppmrentals.com. (R-0724)

**FURNISHED STUDIO
APARTMENT IN EUREKA.**

All utilities. Dish TV and internet
service included. \$600 per
month, (707) 444-8117. (R-0724)



**HEY,
McGUINTY!**

That Facebook creep?
Outlaw inlaws?
Roommate disaster?

Ask: heymcguinty@
northcoastjournal.com

THOSE RED CURLS
KNOW ALL.

ABSOLUTELY STUNNING



Absolutely stunning 3 bedroom, 2 1/2 bath custom
Victorian style home on over 1 1/2 acres in Woodland
Heights. Home features cedar siding and huge wrap
around veranda with distance ocean views! Call
Karen for more details. \$499,000



**KAREN
ORSOLICS**

DRE License# 01200980
ArcataProperty.com
"The best move you'll ever make."
Cell: 707-834-1818



**KRIS
SUNDEEN**

DRE License# 01438846
HumboldtCountyProperty.com
"Making Real Estate Dreams a Reality."
Cell: 707-498-4429



WONDERFUL CUSTOM HOME ON SIX SUNNY ACRES OFF WEST END ROAD



3 bedrooms, two baths, plus an office. End of the road
privacy, yet minutes to Arcata and Blue Lake. Includes
mother-in-law unit. Call Kris for more details! \$619,000

Houses for Rent

1534 6TH ST. 3/1 Home w/fire-place, W/D Hookups, Garage, Pet OK. Rent \$1250. Vac Now. www.ppmrentals.com. Rental Hotline (707) 444-9197 (R-0724)

1614 F STREET. 3/2 Home w/den, Garage, W/D Hookups, Backyard. Rent \$1250. Vac Now. Rental Hotline (707) 444-9197 www.ppmrentals.com (R-0724)

2275 SUMMIT RIDGE RD. 3/1 Home, W/D Hookups, Carport, Pet OK, Large Yard. Rent \$1250. Vac Now. www.ppmrentals.com. Rental Hotline (707) 444-9197. (R-0724)

3131 CALIFORNIA. 3/2 Home w/office, Wood Stove, Garage, Pet OK. Rent \$1500. Vac Now. Rental Hotline (707) 444-9197 www.ppmrentals.com (R-0724)

Roommates

ALL AREAS - ROOMMATES.COM.

Browse hundreds of online listings with photos and maps. Find your roommate with a click of the mouse! Visit: <http://www.Roommates.com>. (AAN CAN) (R-0724)

Vacation Rentals

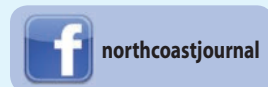
BEACHFRONT VACATION RENTAL

romantic
14 secluded acres
rustic chic

www.oysterbeach.info
(707) 834-6555



RIPPLE CREEK CABINS
At the base of the TRINITY ALPS WILDERNESS AREA
Getaway in beautifully furnished cabins, on the Upper Trinity River. Hike, bike, fish or just relax in seclusion.
OPEN YEAR ROUND
(530) 266-3505
(510) 531-5315



Acreage for Sale



WILLOW CREEK PROPERTY.

1.33 acres, Willow Creek Community Service District Water, underground power & phone at property. R-2 soils report and perk tested. Approved septic system design by Trinity Engineering. Property is zoned RST. Property is located off Highway 299 on private road one mile east of Willow Creek. Ready to build. \$89,900 will consider offers. (530) 629-2031

PLACE YOUR OWN AD AT:
classified.northcoastjournal.com



2850 E St., Eureka (Henderson Center),

707 **269-2400**

2355 Central Ave., McKinleyville

707 **839-9093**

COMMUNITY REALTY



www.communityrealty.net



\$445,000

4 bed, 3 bath, 2,780 sq ft McKinleyville home with gorgeous panoramic views, lots of room in this original style ranch home with modern open beam addition, fireplace with insert in living room

\$299,000

3 bed, 2.5 bath, 1,670 sq ft Myrtle town home that shows pride of ownership, fresh paint, newer appliances, newer carpet, wrap around deck, beautiful yard with water feature, fenced dog run



An Association of Independently Owned and Operated Realty Brokerages



\$799,000
72 Acres in Sunny Blue Lake



Beautiful house with vaulted ceilings, hardwood floors, granite kitchen counter tops and island, lots of windows and a sunroom with forest views. Solar electricity, central heating, Lopi wood stove in the living room and gas stove in the bedroom provide cozy heat without the central heat. It's a 3 bedroom, 2 bath, 2078 square ft home built in 2000. House is surrounded by Trex decking and has a solar heated pool with view and relaxing spa. Grape arbor with sweet red and green table grapes. Fruit tree orchard with apples, pears, peaches, plums and more. Two 2,500 gallon spring fed water tanks. 1,000 juvenile redwood trees along with adult oak and fir trees. Large authentic smoke house for your own meat and fish creations. New 25'x 60'x 14' barn with aluminum siding, shop and wood shed with room for a horse corral. Large enclosed dog run and kennel.



Coast Central Realty & Auctions



Office **Karen Mann, Realtor**
(707) 839-3600 • (707) 499-8891 • BRE#01347366

karen@coastcentralrealty.com • www.coastcentralrealty.com



Charlie Tripodi
Land Agent
#01332697
707.834.3241



the LAND MAN OFFICE

Kyla Tripodi
Realtor/Land Agent
#01930997
707.834.7979

707.476.0435

WEITCHPEC LAND/PROPERTY

±16 Acres of moderately wooded land with two cleared building sites and Artesian Springs! Property features a small unpermitted cabin on site, Kanick Creek frontage and sloping topography. Zoning is unclassified. **\$99,000**



ORICK LAND/PROPERTY

This ±40 Parcel, located between Orick and Weitchpec, offers gorgeous Klamath River frontage! Cliriah Creek runs right through the parcel with great hydro-electric potential! A flat has already been developed for any of your needs, make this yours today!

\$175,000



HAYFORK LAND/PROPERTY

±190 Acres with Hayfork Creek frontage just outside of Hayfork, CA. This property has standing timber & amazing valley views with a pleasant creek swimming hole. Wonderfully secluded, yet close to town, this property has several potential building sites with one developed site and a great dirt road for easy access. Elevation approx. 2300'-3000'.

REDUCED PRICE!

\$399,000



2120 CAMPTON RD. STE #C - EUREKA, CA 95503
www.humboldtlandman.com

LITHIA CHRYSLER JEEP
DODGE OF EUREKA



\$12,000 off MSRP on all in stock Laramie heavy duty diesel 4x4*

Freedom Sale



6.7L
Cummins
Turbo
Diesel



2014 Ram 3500 Dually SLT Crew Cab 4x4

MSRP.....\$54,735
Lithia Discount.....-\$7,740
Lithia Price.....\$46,995
1 AT THIS PRICE
Factory Rebate.....\$3,000

NET COST \$43,995

Stk#EG176251

6.7L
Manual



2014 Ram 2500 SLT Crew Cab 4x4

MSRP.....\$56,900
Lithia Discount.....-\$7,000
Lithia Price.....\$49,900
1 AT THIS PRICE
Factory Rebate.....\$3,000

NET COST \$46,900

Stk#EG269457

Luxury
Group



2014 Ram 2500 SLT Mega Cab 4x4

MSRP.....\$58,295
Lithia Discount.....-\$7,000
Lithia Price.....\$51,295
1 AT THIS PRICE
Factory Rebate.....\$3,000

NET COST \$48,295

Stk#EG209937



2014 Ram 3500 Laramie Crew Cab 4x4

MSRP.....\$66,485
Lithia Discount.....-\$9,000
Lithia Price.....\$57,485
1 AT THIS PRICE
Factory Rebate.....\$3,000

NET COST \$54,485

Stk#EG250408

For Even More Offers Visit Us At LithiaEureka.com

*20 at this price. Amount off MSRP represents \$9,000 Lithia Discount plus \$3,000 Factory Rebate. Plus government fees and taxes, any finance charges, \$80 dealer document processing charge, any electronic filing charge and any emission testing charge. Offer Expires 7/30/14.



LITHIA CHRYSLER JEEP DODGE OF EUREKA
On South Broadway next to Pierson Building Center
T [707] 502-3218 | [SHOP: LITHIAEUREKA.COM](http://SHOP:LITHIAEUREKA.COM)

STORE HOURS:
Mon-Sat 8:00am-7:00pm
Sunday 10:00am-6:00pm

2014
SUMMER CLEARANCE EVENT

LITHIA AUTO STORES

PRE-OWNED VEHICLES



'10 DODGE CALIBER SXT
2.0L 4 Cyl, Automatic, Touring
Suspension, Heated Seats
#AD541340CA
Certified
\$12,995



'05 RAM 1500 QUAD CAB
SLT 5.7L V8, Automatic, A/C,
Power Options, Cruise, Tilt, CD
Player
#5S321711
\$14,995



'10 DODGE CHARGER SXT
3.5L V6 H0, Automatic, Cruise,
Keyless Entry, Power Options
#AH107702CRA - Certified
Prior Rental
\$15,995



'06 FORD F250
6.0L V8, Turbo,
Automatic, ABS, A/C,
Cruise, Power Options
#6EC32846
\$16,995



'13 DODGE DART SXT
2.0L 4 Cyl, Tigershark,
Automatic,
uConnect, Steel Wheels
#DD319408CA
\$17,995



'13 CHEVY IMPALA LTZ
3.6L V6, Automatic, 6 Spd
Overdrive, Keyless Start
#D1131877R
Prior Rental
\$18,595



'10 SUBARU FORESTER
2.5XT LIMITED
2.5L, 4 Cyl, Turbo, Auto, All
Weather Pkg
#AH911604
\$19,995



'12 TOYOTA CAMRY SE
2.5L 4 Cyl., Bluetooth, Traction
Control, ABS, Keyless Entry,
Power Options
#CU500279
\$19,995



'13 CHRYSLER TOWN &
COUNTRY TOURING
3.6L V6, Automatic, Must See!
#DR595157CR Certified
Prior Rental
\$21,995



'12 NISSAN 370Z COUPE
3.7L V6, 6-Spd Manual,
Keyless Start, Traction
Control, ABS, Cruise
#CM562058
\$26,995



'12 BUICK REGAL GS
2.0L 4 Cyl, Turbo, Manual 6
Spd, Bluetooth, Power Options,
Keyless Start & Entry, ABS
#C9125625
\$26,995



'13 RAM 1500
TRADESMAN/EXPRESS
TRUCK QUAD CAB
5.7 V8 HEMI, Auto
#DS560983CA
Certified
\$26,995



'13 TOYOTA
HIGHLANDER 3.5L V6, Auto,
Back up Camera, 3rd Row
#DS244621L
Prior Lease
\$28,995



'11 CHEVY CAMARO SS
COUPE 6.2L V8, Manual 6
Spd, Performance Suspension,
Power Options
#B9126692
\$30,995

LITHIA CHRYSLER JEEP DODGE OF EUREKA ■ On South Broadway next to Pierson Building Center ■ T [707] 502-3218

Expires 7/30/14. Plus government fees and taxes, any finance charges, \$80 dealer document processing charge, any electronic filing charge and any emission testing charge. Chrysler Jeep® are registered trademarks of Chrysler LLC.



THE BMW 320i.

Experience a thrill you can only find in a 3 Series. With up to 36 mpg,* no-cost maintenance for 4 years or 50,000 miles and available xDrive, it's no wonder the BMW 320i has made quite the impression.

STARTING AT \$32,550.



BMW OF HUMBOLDT BAY

1795 Central Avenue, McKinleyville, CA 95519 (707) 839-4269

www.bmwofhumboldt.com

*Figures based on 24 mpg city/36 mpg hwy for 320i. May change as result of EPA testing.

¹For model year 2015 or later vehicles sold or leased by an authorized BMW center on or after July 1, 2014, BMW Maintenance Program coverage is not transferable to subsequent purchasers, owners, or lessees. Please see bmwusa.com/UltimateService or ask your authorized BMW center for details. Special lease and finance offers available through BMW Financial Services. ©2014 BMW of North America, LLC. The BMW name, model names and logo are registered trademarks.



BEAR RIVER
CASINO ♦ HOTEL

WIN A 2014 RAPTOR 700

**ATV Adventure
GIVEAWAY**

**JULY
1 - 30**

**RECEIVE ONE ENTRY FOR
750 POINTS EARNED:**

Every hour of table games play

Every full house including both
hole cards and aces in poker

**DOUBLE ENTRIES ON WEDNESDAYS
7PM DRAWING JULY 30**

FOR COMPLETE DETAILS, VISIT THE PLAYERS CLUB BOOTH.

11 Bear Paws Way | Loleta, CA 95551 | 800.761.2327 | bearrivercasino.com